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BETTER MEALS FOR LESS MONEY

BY

MARY GREEN

NEW YORK
HENRY HOLT AND COMPANY
1917

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PREFACE

With the steadily increasing cost of all staple foods the need of intelligent buying, cooking, and serving is greater than ever before: more money must be spent for food, or more consideration must be given to selecting and using it. For those who would continue to serve their households well, and whose allowance for food has not kept pace with prices, there is only one alternative, and that is, to use more of the cheaper foods, and to prepare and combine them so skilfully that economy shall not be a hardship. Good meals depend not so much upon expensive material as upon care and good judgment in the use of ordinary material. The time-worn boarding-house jokes about prunes and hash mean simply that these foods, in themselves excellent, are poorly prepared and too frequently served.

It is the plan of this book to include a variety of (1) recipes which require only a small amount of meat; (2) recipes for vegetable dishes which can take the place of meat; (3) recipes for the economical use of cereals, dairy products, and other common inexpensive foods; (4) recipes for breads, cakes, and desserts requiring only a small amount of butter and eggs; and (5) recipes for a few relishes, condiments, and other accessories which lend variety and interest. The General Suggestions for Economy (Chapter I) are not all new, but are liable, through disuse, to be forgotten by the present generation. Spasmodic economy counts for little in the long run; only

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systematic and continued watchfulness is really worth while.

Economy, however, ought not to necessitate the total elimination of one's favorite cuts of steak, nor all of the little luxuries, because by the skilful planning of the majority of the meals the occasional use of these luxuries can be made possible.

This book is not intended as a complete guide to cookery; it presupposes an elementary knowledge of the care and preparation of food.

The study of Tables D and E in the Appendix is especially recommended as an aid to the better understanding of food values.

M. G.

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BETTER MEALS FOR LESS MONEY

CHAPTER I

GENERAL SUGGESTIONS FOR ECONOMY

PLANNING MEALS

In order to buy, prepare, and serve food to the best possible advantage, an elementary knowledge of the composition and nutritive value of foods, and the necessary food requirement of the family, is essential. Many books are published on these subjects, but from the government publications alone (see page 255) an excellent working knowledge may be obtained. Only the merest outline can be given here, and this should be supplemented by further reading.

Briefly stated, food is divided into three chief classes: [1] (1) *Protein,* which builds and repairs the tissues.[2] It is furnished chiefly by meats, fish, cheese, milk, eggs, cereals, and legumes. (2) *Fats,* which furnish heat and energy, but are chiefly valuable for storing a reserve supply of fat in the body. They are furnished largely by butter, cream, olive and similar vegetable oils, bacon and other fat meats. (3) *Carbohydrates,* which furnish heat and energy. They

[1] Water and mineral salts are also necessary for the proper maintenance of the body, but these are yielded chiefly in combination with the other foods.

[2] Protein can also furnish energy, but this is more easily and cheaply supplied by the fats and carbohydrates.

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are supplied chiefly by potatoes and other vegetables, cereals, fruits, and sugars.

People who are eating the proper amount and kind of food should approximate the normal weight [1] for their sex, age, and height. For the proper maintenance of the body, a man of average height and weight, of sedentary life,[2] requires daily food which will yield about 2,500 calories; [3] a woman of average height and weight, about 2,300 calories (more or less according to activity). Children between two and five years require from 1,200 to 1,400 calories; between five and ten years, from 1,400 to 1,900 calories; and from ten to fourteen years, from 1,900 to 2,500 calories. Girls between fourteen and seventeen years require from 2,200 to 2,600 calories; and boys between fourteen and seventeen years, from 2,500 to 3,000 calories. Of the total number of calories furnished ten per cent. should be protein, approximately 30 per cent. fat, and 60 per cent. carbohydrates.

Before planning meals the consideration of these caloric requirements and the study of the "Caloric Value of Average Portions of Food" (Table D, page 245) and of the "Fuel Value of Raw Materials" (Table E, page 250) will help in the selection of foods to yield approximately the desired amount of nutrition. It is not necessary or desirable that the exact amount of each class of foods should be reckoned daily; but by the general study of foods and their nutritive value, and the food requirements of the

[1] See Table F, page 253.

[2] People of sedentary life require daily approximately sixteen calories for each pound of their weight. So if the normal weight of such persons is multiplied by sixteen, the result will be the approximate number of calories needed.

[3] A Calorie is the amount of heat required to raise one kilogram of water 1° Centigrade or one pound of water 4° Fahrenheit.

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body, which vary with age, sex, and conditions, the housekeeper may serve her family with the kinds and amount of food best suited to their needs. She should plan to use in a week as large a variety of food as possible, and to avoid an excess of any one class. With a definite idea of the needs of the family, she should take account of the stock in the ice-box and pantry, and see that every bit of food is utilized to advantage. Meals should be planned in detail at least one day in advance, and, if possible, outlined for several days ahead; though these plans must, of course, be varied slightly, at times, according to the amount of left-over material and the exigencies of supply and demand. Each day's programme should be plainly written; any special recipes to be used noted; and a list made of supplies to be ordered. To have the meals planned well in advance and the order list ready saves a deal of nervous energy, time, and money.

MARKETING

If possible, attend personally to your marketing and consider carefully the quality, quantity, and cost of your purchases in relation to the needs of your purse and your household. Ask for what you want, and try hard to get it; but in trying to buy supplies at lowest prices be sure that the time and nervous energy spent are not out of proportion to the amount of money saved.

MEAT

In considering the price of meat, the amount of bone, fat, gristle, and so forth should be taken into account. Many of the coarser and cheaper parts contain as much

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nutriment as the more expensive cuts, and can, by proper cooking, be made fully as palatable. See that every bit of left-over meat is used to advantage and in a variety of ways; the rinds of bacon and salt pork when cooked with spinach or other greens, or in soups of peas or beans, add both flavor and richness.

THE STOCK POT

All trimmings and bones, both cooked and uncooked, and any left-over bits of meat or gravy that are not needed for other dishes, should be put into the stock pot, covered with cold water, and *simmered* (*not boiled*) with soup vegetables and savory herbs for three or four hours. Almost any left-over vegetable can be added, including macaroni, rice, and the scrapings of the cereal cooker. If the family is small, the cereal cooker itself makes an excellent stock pot: to the remnants of breakfast cereal, add any soup material at hand; cover with cold water; cook slowly; strain; and, if necessary, add one or two bouillon cubes, and a few drops of kitchen bouquet. When soup stock is lacking in richness a small amount of gelatine improves the quality.

The water in which vegetables, macaroni, rice, or any meats, either fresh or salt, are cooked contains valuable mineral matter as well as flavor, and should be added wholly or in part to the stock pot. Order corned meats lightly salted so that all of the stock may be used. Be sure that all fat is removed from soup stock before using. Do not serve greasy soups. When stock must be used before the fat has had time to harden, skim off as much as possible, and remove what remains with clean blotting paper, or a lump of ice wrapped in cheesecloth.

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FISH

Fresh fish is offered in variety at all seasons of the year, and is a valuable and comparatively inexpensive food; salted and smoked fish contain much protein in a concentrated form; the canned varieties are important, too, especially for the emergency shelf, as they furnish a substantial, inexpensive food which can be served in many ways at short notice.

GROCERIES

Groceries in sealed packages are, as a rule, slightly more expensive than those sold in bulk; but they are cleaner, often fresher, and more convenient to store and use.

BUTTER AND OTHER SHORTENING

To the taste of the average person, there is no real equivalent for the flavor of fine creamery butter, but, for cooking, excellent results may be obtained by the use of cheaper shortening, beginning with the common household fats which are so often discarded. All drippings from the roasts and fat from boiled meats should be carefully strained and saved; beef and chicken fat may be used in many recipes, including those for cookies, cakes, meat sauces, soups, and made dishes; bacon fat is excellent for corn cake, meat sauces, and soups of peas, beans, or lentils; sausage fat may be used for gingerbread, cookies, poultry stuffing, and also for frying potatoes and other vegetables, for in these the spicy flavoring is not objectionable. Both bacon and sausage fat and that from soup stock are useful for basting lean roasts, fish, or meat loaf. Any surplus fat, including that of lamb and mutton, should be clarified and added to that in the frying kettle.

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Fat which cannot be utilized for cooking should be made into kitchen soap.

COOKING FATS—OILS

There are many excellent brands of wholesome cooking fats and oils on the market, including peanut, corn, and cottonseed oil, and compound vegetable fats. Almost any of these costs less than butter.

OLEOMARGARINE

The best oleomargarine is wholesome and economical, and much to be preferred to inferior grades of butter.

MILK

Milk, even at present prices, gives good return in food value. Unsweetened evaporated milk, which is absolutely sterile and clean, costs no more, and in some places costs less, than fresh milk, and can be used to advantage to supplement the supply. Because of its consistency it is an excellent substitute for cream in frozen desserts.

CREAM

When eggs are relatively cheaper than cream, the stiffly beaten white of an egg may be used to advantage to mix with beaten cream. Thin cream whipped with a whip churn is lighter and less expensive than heavy cream beaten.

EGGS

Unless the winter's supply of eggs has been preserved in water glass, guaranteed cold storage eggs will be found satisfactory, and much cheaper than hennery eggs. Only

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enough for a few days should be bought at a time, however, and they should be kept in a cold place until used. Wash eggs before breaking, and save the shells for clearing boiled coffee, soup, and aspic. For coating croquettes, dilute each beaten egg with one-fourth cup of water or one-third cup of milk; cover unused yolks with water to prevent drying, and pour off water before using. Have both yolk and white of egg cold, so that they may be beaten more quickly; add a pinch of salt to whites of eggs which are to be beaten stiff, and beat in a current of air. Soft-boiled or dropped eggs not used at table should be put back in boiling water, cooked hard, and used for garnishing, egg sauce, etc.

CHEESE

Cheese is nutritious and, even at present prices, economical, as it contains a large proportion of protein in concentrated form. It can be successfully combined with many other foods, and every left-over bit should be so used; when partly dry it should be put through the food chopper, using a fine cutter; when very dry it should be grated and used in sauces, soufflés, soups, and many other dishes. Cheese is more readily digested if a pinch of baking soda is cooked with it. To keep cheese moist and fresh, brush the cut surface with melted paraffin. Save left-over Welsh rarebit for sandwich filling. The shells of Edam or pineapple cheeses should not be thrown away, but be filled with creamed macaroni, spaghetti, or rice, covered with crumbs, and baked in a hot oven.

FRESH VEGETABLES

A variety of vegetables should be served daily, and those which contain a large amount of protein, such as beans,

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lentils, and peas, should be used not only as an accompaniment to meat, but, in combination with other vegetables, sauces, bacon or other fats, as the substantial dish of the meal.

DRIED VEGETABLES

Dried vegetables should be soaked in cold water for twelve hours or longer, and then cooked slowly until tender; dried julienne should be soaked for twenty-four hours before cooking.

MACARONI, NOODLES, RICE, CEREALS

Macaroni, noodles and similar pastes, rice, and the cereals furnish much nutriment at low cost; oatmeal and corn meal are among our cheapest foods.

Ready cooked cereals, though they are convenient and give variety to the diet, are more expensive than raw cereals well cooked; not only do they yield less food value, but, being dry, they require more cream or milk to make them palatable.

LEFT-OVER VEGETABLES

Left-over vegetables and cereals, even in small quantities, should be saved for use in entrées, desserts, salads, sauces, and soups. Celery tops should be saved for flavoring and garnishing, the root stalk chopped and added to the stock pot, and the outside stalks stewed, creamed, or used for cream soup. The outside leaves of lettuce should be shredded for salad, or, for any large quantity, cooked the same as spinach.

CANNED VEGETABLES

The flavor of canned vegetables is improved if, before being cooked, they are rinsed with cold water and exposed

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to the air. Parsley and chives may be kept growing in pots in the kitchen window to be used as needed.

SALADS

Salads should be freely used at all seasons, and be made light or nourishing according to the foods served with them. They offer an opportunity to the housekeeper to exercise her ingenuity in combining various vegetables, meats, and fruits, especially left-over bits. Crisp white cabbage, shredded, may be used in place of celery.

SALAD DRESSINGS

Salad dressings need not necessarily be made of olive oil, for there are other good and less expensive vegetable oils well worth using, and many of the cooked salad dressings without oil are excellent.

BREAD

Various kinds of bread should be freely used, especially whole wheat and other cereal breads, and those containing raisins, dates, and prunes. Watch the bread-box, and see that every bit of bread is used in some way; the unused crusts should be dried, rolled, sifted, and kept in a covered jar for stuffing, crumbing croquettes, brown bread, puddings, or other dishes in which the color is not objectionable; cold toast or cut slices should be made into croutons, or used for canapés or French toast; other pieces should be used for croustades, or made into crumbs, both coarse and fine, for use in fondues, griddle cakes, omelets, sauces, and soups. Bits of crackers should be dried, rolled, and used the same as bread crumbs.

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CAKE

None of the recipes for cake require more than two eggs; many, only one; and some, none at all. Water may always be used in place of milk, and any clean, fresh shortening may be substituted for butter, especially in the recipes which include molasses and spices. These cakes will not keep moist like richer cakes, however, and should be used soon after making.

Slices of stale cake and crumbs should be utilized in making other desserts in combination with custards, ices, preserves, etc.

BAKING POWDER

Do not use more baking powder than is necessary for good results; two *level* teaspoons to each cup of flour is the usual allowance, but one and one-half teaspoons each to each cup will be sufficient if the muffins, biscuits, or cake are quickly and lightly handled and properly baked.

FLAVORING EXTRACTS

When volatile flavoring extracts are used in cake, much of their strength is wasted during baking; grated rind or spices could well be used in their place, or only the icing or filling flavored. All desserts, whenever practicable, should be flavored when cold.

COLORING

The small package of red coloring which comes with gelatine is useful for coloring cakes, icings, and other desserts as well as jellies.

FRUITS

Fruits, either fresh, dried, or preserved, should be served at least once a day; dried fruits, such as apricots,

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peaches, and prunes, should be soaked in cold water for twelve hours or longer and then cooked slowly until tender. Raisins, dates, and figs yield a large food value at comparatively low cost. Bananas, which contain more nutriment than most fresh fruits, should be used for salads or desserts when the other courses are light. In cooking acid fruits, such as cranberries, plums, and cherries, less sugar is required if added after cooking. Parings and cores from quinces and apples can be made into excellent jelly; the rinds of watermelons are the foundation of a delicious sweet pickle; orange and grape fruit peel, when candied, are well worth the trouble of making. Surplus orange, lemon, and grape fruit peels, when dried, are not only useful for flavoring, but make an interesting and aromatic fuel for the fire-place; the nut meat found in prune stones tastes much like that of bitter almonds and can be used in place of them.

When making jelly remember that the pulp of the fruit after the juice has dripped from it may be made into excellent marmalade: cover with water, heat to boiling point, press through a sieve, add three-quarters of the amount of sugar, and cook until thick.

CANDIES

In spite of its cost, candy is now classed by many with the necessities rather than with the luxuries. After a little practice even the most elaborate candies can be successfully made at home, and the difference between the cost of a pound of the best ready-made candy and the cost of the raw materials is astonishing. For those who can spare the time, candy-making will prove both fascinat-

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ing and economical. Recipes for a few after-dinner candies are given.

CONDIMENTS

A small supply of condiments and relishes, including kitchen bouquet, ketchup, and sweet herbs, and one or two table sauces, should be kept in stock, as they make possible a greater variety of flavors. Many home-made sauces and relishes can be easily and quickly prepared and are usually much cheaper than the ready-made varieties.

CANDLE STUBS

Candle stubs should be melted, strained through cheese-cloth, and used for sealing ketchup, jellies, and preserves.

GARNISHINGS

Any dish, attractively garnished and served, pleases the eye, stimulates the appetite, and often lifts a simple meal out of the commonplace. Parsley, mint, celery tops, red and green peppers, olives, pickles, capers, cooked beets and carrots, hard-cooked egg, lemon cut in various shapes, nuts, cherries, and other small fruits are all effective if not too lavishly used.

UTENSILS

A reasonable equipment of kitchen utensils and a convenient, systematic arrangement of them will save time and strength. Kitchen scales are almost indispensable, and a cooking thermometer eliminates guesswork, especially in boiling sugar and heating fat for frying. Pans, molds, and cutters of various shapes prevent monotony; suitable baking dishes and covered casserole dishes simplify both cooking and serving; and food cooked or served in individ-

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ual dishes is often more attractive. When the cogs of the egg beater slip, do not discard it, but tighten the rivet; keep knives well sharpened. Cream jars, jugs, bottles, or any other containers for which a charge is made, should be promptly returned to be credited.

FUEL

Do not waste fuel; concentrate your cooking; when a hot oven is needed for roasting meat or baking bread, plan to cook at the same time other things which require a high temperature; potatoes can be cooked in the pan with the meat; other vegetables and fruits can be cooked in the oven; and if a coal fire is used, a variety of food can be cooked in a steamer on top of the range without extra fuel.

Have the ashes sifted and save the *cinders,* which yield a quick top heat.

Economize *gas* by using the minimum amount necessary to keep food cooking at the desired temperature. When the boiling point is reached a small supply of gas will maintain the temperature.

Fireless cookers save much fuel and unnecessary heat, and are especially useful for any food which requires long, slow cooking, or for those foods of strong odor which so often scent up the whole house.

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SPECIAL NOTICE

All ingredients in these recipes should be measured level, and the standard teaspoon, tablespoon, and half-pint measuring cup should be used.

Unless otherwise stated, one apple, onion, orange, etc., means one of medium size.

Sift flour before measuring, and fill cup lightly. Use pastry flour, unless otherwise directed, for thickening soups and sauces, and in all recipes where baking powder is used; use bread flour in all recipes where yeast is used.

The majority of these recipes are planned to serve four persons; those for chowders and other dishes which form the substantial part of the meal are sufficient for second helpings; those for cakes, muffins, and other breads are large enough to be served more than once.

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CHAPTER II

COMMON WAYS OF COOKING FOOD

Baking is cooking in confined heat in the oven. Examples: bread, cake, meat. This method when applied to meat is commonly called roasting. Before baking, see that the oven is clean and heated to the desired temperature.

Boiling is cooking by immersion in water at 212° F. Examples: potatoes, cabbage, macaroni.

Braising is a combination of stewing on the top of the range, and baking in the oven, with or without vegetables. Examples: tough meats, fowl, whole liver.

Broiling or Grilling is cooking over or under direct heat, as over glowing coals or under a gas flame. Examples: steak, chops.

Fricasseeing is commonly a combination of stewing and sautéing. Examples: fowl, forequarter of lamb or veal.

Frying is cooking by immersion in hot deep fat. Examples: doughnuts, croquettes.

Pan-baking or Pan-broiling is cooking in a lightly greased or ungreased hot frying pan or griddle. Examples: steak, English muffins, griddle cakes.

Pot Roasting is cooking in an iron kettle or earthen pot in a small amount of water, after meat has been quickly browned in a small amount of fat in the frying pan

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or kettle. Cook slowly until very tender, with or without vegetables.

Roasting is cooking before an open fire. This method is seldom used in small households, although the baking of meats is commonly called roasting.

Sautéing is cooking in a small amount of fat in a shallow pan on top of range. Examples: sliced fish, meat, potatoes, eggs.

Simmering is cooking in liquid at 185° F. The bubbles should always be below the surface. Examples: ham, corned beef, soups.

Steaming. Dry Steaming is cooking by heat of steam, as in double boiler or tin, over or surrounded by boiling water. Examples: rice, brown bread.

Moist Steaming is cooking by direct contact with steam as in a steamer or colander, over boiling water, closely covered. Examples: fowl, puddings, dumplings.

Stewing is cooking slowly in a small amount of water (about 160° F.) until food is very tender. Examples: beef, lamb, vegetables.

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CHAPTER III

APPETIZERS AND RELISHES

1.—COCKTAIL SAUCE

¼ cup tomato ketchup
1 tablespoon bottled horseradish
2 tablespoons vinegar
½ teaspoon salt
1 teaspoon Worcestershire sauce
Dash of cayenne

Mix, and serve in four small glasses or lemon shells, with six small clams or oysters in each. Shrimps, prawns, or lobster may be used instead of clams or oysters.

2.—ASHEVILLE CANAPÉS

Peel and cut small tomatoes in quarter-inch slices; cut thin rounds of bread the same size as tomatoes; toast bread, spread with Mustard Butter (see No. 459), or salad dressing, and cover with a slice of tomato; season lightly with salt and pepper, and cover with thin slices of cooked chicken livers. Garnish with parsley.

3.—CLUB CANAPÉS

Mix devilled ham with a little grated cheese; spread on thin rounds of brown bread, and mark into quarters with finely chopped pickle. Chop fine the white of a hard-cooked egg, and cover two opposite quarters; press the yolk through a sieve, and cover the remaining quarters.

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4.—CRAB MEAT CANAPÉS

1 cup crab meat
¼ teaspoon paprika
½ teaspoon salt
¼ teaspoon mustard
1 teaspoon Worcestershire sauce
1 tablespoon lemon juice
½ teaspoon horseradish

Chop crab meat, mix well with seasonings, and spread on thin rounds of untoasted brown bread. Garnish with small cube of lemon.

5.—MOCK CRAB CANAPÉS

1 cup canned corn
¼ teaspoon salt
⅛ teaspoon paprika
1 teaspoon anchovy paste
2 tablespoons grated cheese

Use one cup of corn which has been drained from its juice; put through food chopper, using the finest cutter; add seasonings and cheese, and spread on small rounds of toast. Garnish with small pickles sliced lengthwise.

6.—GLOUCESTER CANAPÉS

Cook a small haddock roe in boiling salted water for fifteen minutes, remove skin, mash, add a tablespoon of butter, half a teaspoon of anchovy paste, one-fourth teaspoon of paprika, and enough cream to moisten; add salt if necessary. Mound on small rounds of toast, and garnish with sliced pickles and parsley.

7.—TUNA CANAPÉS

1 cup tuna fish
1 tablespoon tomato ketchup
1 tablespoon lemon juice
½ tablespoon olive oil
½ teaspoon salt
¼ teaspoon paprika

Chop fish, add seasonings, and spread on small rounds of lightly toasted bread. Garnish with sliced pimolas.

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8.—CELERY RELISH

Cut large white stalks of celery in two-inch lengths, fill with cream cheese which has been seasoned with salt, pepper, and Worcestershire sauce. Garnish with a small piece of celery top.

9.—CHEESE AND APPLE RINGS

1 large tart apple
½ cup soft cheese cut fine
⅛ teaspoon salt
1 teaspoon Worcestershire sauce
Dash of cayenne
2 tablespoons cream

Pare and core apples, and cut in one-third-inch slices; mix cheese with seasonings and cream, beat to a paste, and spread or force through a rose tube on apple rings. Dust with paprika.

10.—SPANISH CHEESE

Cook together one and a half cups of soft or grated cheese with one-fourth cup of chili sauce until the cheese is melted. Serve immediately on toasted crackers or rounds of toast, as an appetizer or savory.

11.—CANTALOUPE COCKTAIL

2 cups cantaloupe
⅛ cup preserved ginger
Juice of ½ lemon
2 tablespoons powdered sugar

Cut melon in small cubes, or in balls (using a potato cutter). Add chopped ginger, lemon juice, and sugar, and serve very cold.

12.—FRUIT COCKTAIL

2 tart apples
1 large banana
2 oranges
1 teaspoon lemon juice
4 tablespoons powdered sugar

Cut apples and bananas in small cubes; remove pith and seeds from oranges, cut pulp in small pieces, and add

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with juice to apples and bananas; add lemon juice and sugar, place in a shallow dish, and put directly on ice for ten minutes to chill; serve in glasses, and garnish with a Preserved Cranberry (see No. 670), or a spoonful of Mock Bar-le-Duc (see No. 666). Peeled Tokay or Malaga grapes and a little grated pineapple may be added to advantage.

13.—WINTER CHILI SAUCE

1 can tomatoes
2 onions finely chopped
⅓ cup brown sugar
1½ teaspoons salt
1 teaspoon paprika
⅛ teaspoon cayenne
½ teaspoon cinnamon
¼ teaspoon clove
⅓ cup vinegar

Mix, and simmer about half an hour or until thick.

14.—PICCALILLI

3 quarts green tomatoes
3 quarts ripe tomatoes
2 red peppers
3 onions
½ cup salt
2 quarts vinegar
1 quart sugar
1 teaspoon cinnamon
½ teaspoon clove
4 tablespoons white mustard seed

Put vegetables through the food chopper, using coarse cutter; sprinkle with salt, let stand over night, and drain; add other ingredients, and cook about forty-five minutes.

15.—TABLE SAUCE

12 ripe tomatoes
1 onion
3 green peppers
2 tablespoons sugar
1½ tablespoons salt
2 teaspoons mustard
1 teaspoon paprika
¼ teaspoon pepper
1 cup vinegar
1 teaspoon ground clove
1 teaspoon ground cinnamon

Wipe tomatoes, cut in halves, and put in a clean, smooth preserving kettle; add onion and peppers sliced, and sea-

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sonings; simmer two hours, and press through a sieve; return to kettle, simmer one hour, and seal in jars or bottles; when cool, dip tops in paraffin. This may be used in place of ready-made sauce.

16.—TOMATO KETCHUP

1 peck ripe tomatoes	½ cup whole mixed spices
3 onions	1 clove of garlic
½ cup salt	⅓ cup dry mustard
2 teaspoons cayenne	1 quart vinegar
2 tablespoons paprika	1 cup brown sugar

Wipe tomatoes, cut in halves, and put in a smooth, clean preserving kettle; add onions sliced, cook slowly for one hour, and press through a sieve; add salt, cayenne, and paprika; tie mixed spices, garlic, and mustard in double cheesecloth, add to tomatoes, and cook rapidly until mixture begins to thicken; boil vinegar and sugar together while tomatoes are cooking; add them to strained tomato; cook until ketchup is thick, or until water will not separate from it when tried on a plate. Remove spice bag, seal in sterilized jars or bottles, and when cool dip tops in melted paraffin.

17.—SMALL CUCUMBER PICKLES (Gherkins)

Wash thoroughly, count, and for every hundred cucumbers allow one cup of salt. Cover with boiling water. Let stand twenty-four hours; then drain. Fill quart preserve jars with cucumbers, then add two tablespoons of mixed whole spices, a piece of alum the size of a pea, and boiling vinegar to fill the jar. Seal, and let stand a week before using. The boiling water should be measured, as an equal amount of vinegar will be needed.

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18.—PEPPER HASH

6 green peppers	1 quart vinegar
6 red peppers	1 cup brown sugar
6 onions	2 tablespoons salt
1 small white cabbage	2 tablespoons mustard seed

Remove seeds from peppers and chop fine with the onion and cabbage. Put in cheesecloth, scald with boiling water, and squeeze dry; heat vinegar, sugar, salt, and mustard seed, add vegetables, and bring to the boiling point. When cool, put in a stone crock or small jars.

19.—PICKLED NASTURTIUM SEEDS

Into one quart of cider vinegar put three tablespoons salt and five or six slices of horseradish root. Pour into a jar and cover closely. Add the seeds as they ripen. Use in salads, sauces, or for garnishing as a substitute for capers.

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CHAPTER IV

BEVERAGES

20.—COFFEE, EGG, AND MILK

2 eggs
2½ tablespoons sugar
Few grains salt
1½ teaspoons instantaneous coffee
3 cups milk

Beat the eggs until light; add the other ingredients, and strain into glasses. Serve very cold. (This recipe fills four tumblers.)

21.—GRAPE JUICE (Unfermented)

Pick over and wash grapes, barely cover with water, and cook until soft and white; drain through cheesecloth, and to each quart of juice add one cup each of water and sugar; bring to boiling point, skim, bottle, and cork tightly. When cold, dip corks into melted paraffin.

22.—GRAPE EGGNOG

1 egg
⅓ cup grape juice
1 teaspoon powdered sugar
¼ cup milk
Nutmeg

Beat egg until very light, add grape juice and sugar, and beat again, add milk, beat well, pour into a glass, and dust with nutmeg.

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23.—GINGER PUNCH

1¼ cups sugar
1 quart boiling water
Grated rind 1 lemon
2 teaspoons Jamaica ginger
½ cup orange juice
⅓ cup lemon juice

Boil sugar and water with the lemon rind for ten minutes; when cool, add ginger and fruit juice, and strain over cracked ice.

24.—GINGER ALE PUNCH

½ cup mint leaves
1¼ cups sugar
Juice of 3 lemons
1 cup boiling water
2 pints ginger ale
1 pint grape juice

Pour boiling water over mint leaves, sugar, and grated rind of one lemon, and let stand until cool; strain into a punch bowl containing ice, add ginger ale, grape juice, and strained lemon juice; garnish with sprigs of mint.

25.—MINT JULEP (Ginger Ale)

¾ cup sugar
1 cup water
Juice of 3 lemons
4 sprigs mint
1 pint ginger ale

Boil sugar and water ten minutes, and cool; add strained lemon juice, mint leaves bruised, and ginger ale; half fill glasses with crushed ice, add julep, and garnish with a sprig of mint.

26.—MINT LEMONADE

1 cup sugar
6 cups water
1 cup mint leaves
Juice of 3 lemons

Boil sugar and water twenty minutes; add mint, and let stand until cold; add lemon juice, and strain into glasses half filled with cracked ice. Garnish with sprigs of mint.

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27.—TEA

Tea should be made from freshly drawn, freshly boiled water, poured over the dry tea, which has been put into a clean, scalded teapot. Cover with a cozy or stand on back of range for three or four minutes. Allow from a half to a full teaspoon of tea to each cup, according to the variety used. The finer varieties made from the first pickings require less than the coarser kinds. Be sure that tea does not boil. Serve with sugar, cream, lemon, cloves, mints, ginger, or bits of candied fruit.

28.—ICED TEA

Fill a large glass two-thirds full with cracked ice, add two thin slices of lemon with seeds removed, two teaspoons of powdered sugar, and fill with freshly made hot tea. One or two mint leaves may be added.

29.—FILTERED COFFEE

½ cup pulverized coffee 4 cups boiling water

Put coffee into bag or filter, add boiling water gradually; pour through a second time, or even a third time if liked strong. Do not boil. Serve with hot milk and cream. Wash coffee pot and bag thoroughly, and dry in the sun if possible; renew bag often.

30.—AFTER-DINNER COFFEE

½ cup pulverized coffee 2 cups boiling water

Put coffee into a filter coffee pot, add boiling water, and filter three times. Serve very hot.

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31.—CAFÉ AU LAIT

To recipe for After-dinner Coffee (see No. 30) add one and a half cups of hot milk.

32.—COCOA

4 teaspoons cocoa
2 tablespoons sugar
⅛ teaspoon salt
2 cups boiling water
2 cups hot milk

Mix cocoa, sugar, salt, and boiling water, and boil five minutes; add hot milk, and beat with egg beater until frothy.

33.—CHOCOLATE

1½ squares chocolate
¼ cup sugar
⅛ teaspoon salt
2 cups boiling water
2 cups hot milk

Melt chocolate in a saucepan over hot water; add sugar, salt, and boiling water; stir well, and boil five minutes; add hot milk, and beat with egg beater until frothy. Evaporated milk makes excellent chocolate or cocoa. For marshmallow chocolate put two marshmallows in each cup and pour hot chocolate over them.

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CHAPTER V

SOUPS WITHOUT MEAT

34.—ASPARAGUS SOUP

When fresh asparagus is served as a vegetable, cook the tough ends in the same water, which should be lightly salted. Press through a sieve, add the water, and for each three cups add one-half teaspoon of onion juice and one cup of hot milk. Thicken with one tablespoon of butter and two tablespoons of flour blended together. Add pepper, and salt if necessary.

35.—PURÉE OF BLACK BEANS

1 cup black beans
1 quart cold water
1 slice bacon
½ onion
1 teaspoon salt
½ teaspoon paprika
¼ teaspoon mustard
1 tablespoon bacon fat
1 tablespoon flour
1 hard-cooked egg
Lemon slices

Soak beans over night in cold water; drain; add one quart of water, bacon, and onion, and cook three hours or until beans are soft, replacing water which cooks away; press through a sieve; add seasonings, and thicken with bacon fat and flour blended together. Serve with a thin slice of egg and lemon in each plate. Corned beef stock is an excellent substitute for water, but if it is used salt should be omitted.

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36.—BAKED BEAN SOUP

2 cups cold baked beans
1½ cups tomatoes
2 slices onion
4 cups cold water
1 tablespoon butter
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon tomato ketchup

Simmer beans, tomatoes, onion, and water for half an hour, and press through a sieve; thicken with butter and flour blended together; add seasonings, and serve with fried croutons.

37.—PURÉE OF RED KIDNEY BEANS

Follow recipe for Purée of Black Beans (see No. 35), using red kidney beans in place of black beans.

38.—DRIED LIMA BEAN SOUP

1 cup lima beans
6 cups cold water
½ onion sliced
½ carrot sliced
½ bay leaf
1 cup milk
1 teaspoon salt
1 teaspoon Worcestershire sauce
1 tablespoon bacon fat
2 tablespoons flour

Soak beans over night; drain; add cold water, onion, carrot, and bay leaf, and simmer an hour and a half or until beans are soft; press through a sieve, add milk and seasonings, and thicken with bacon fat and flour blended together. Serve with croutons.

39.—CAULIFLOWER SOUP

To three cups of the water in which cauliflower has been cooked add one-half teaspoon of onion juice and one cup of hot milk. Thicken with one tablespoon of butter and two

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tablespoons of flour blended together. Season with cayenne, and salt if necessary. Add a few left-over bits of cauliflower, and serve with croutons or crisp crackers.

40.—CREAM OF CELERY SOUP

1 cup celery tops
½ cup chopped celery
2 slices onion
¼ cup rice
1½ teaspoons salt
⅛ teaspoon pepper
3½ cups boiling water
1½ cups hot milk
½ tablespoon butter

Cook celery, onion, rice, seasonings, and boiling water for half an hour; press through a sieve; add hot milk and butter, and serve with crisp crackers.

41.—CREAM OF CORN SOUP

1 can corn
½ onion
2 cups boiling water
2 cups hot milk
1 teaspoon salt
¼ teaspoon paprika
1 tablespoon butter
2 tablespoons flour

Chop corn and onion, add water, and simmer twenty minutes; press through a sieve, forcing through all the corn possible; add milk and seasonings, and thicken with butter and flour blended together.

42.—CHEESE SOUP

2 cups milk
2 cups boiling water
1 onion sliced
½ bay leaf
1 tablespoon butter
2 tablespoons flour
½ cup grated cheese
1 egg well beaten
1 teaspoon salt
Dash of cayenne

Scald milk, water, onion, and bay leaf twenty minutes; skim out onion and bay leaf, thicken milk with butter and

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flour cooked together; add cheese, egg, and seasonings, and stir until cheese melts.

43.—FRUIT SOUP

3 pears
3 apples
4 cups boiling water
1 tablespoon granulated tapioca
Juice of ½ lemon
⅛ teaspoon cinnamon
3 tablespoons honey or sugar

Chop fruit, add water, cook until tender, and press through a sieve; add tapioca, and cook until clear; add lemon juice, cinnamon, and honey. Serve hot or cold with toast sticks.

44.—OATMEAL SOUP

¾ cup cooked oatmeal
½ onion sliced
2 cloves
½ bay leaf
2 cups boiling water
2 cups hot milk
1 teaspoon salt
⅛ teaspoon celery salt
⅛ teaspoon pepper
½ tablespoon butter

Cook oatmeal, onion, cloves, and bay leaf in boiling water for twenty minutes, and press through a sieve; add milk, seasonings, and butter, and serve with croutons.

45.—POTATO SOUP

3 potatoes sliced
¼ cup celery tops
½ onion
2 cups boiling water
1¼ teaspoons salt
¼ teaspoon pepper
2 cups hot milk
1 tablespoon butter
2 tablespoons flour

Cook potatoes, celery, onion, and water twenty minutes; press through a sieve; add seasonings and hot milk, and thicken with butter and flour blended together.

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46.—CREAM OF PEA SOUP

1 can peas
1 slice onion
Bit of bay leaf
Sprig of parsley
1 teaspoon sugar
1¼ teaspoons salt
⅛ teaspoon pepper
2 cups boiling water
2 cups hot milk
1 tablespoon butter
2 tablespoons flour

Rinse the peas with cold water, and reserve one-fourth cup; simmer the remainder with seasonings and hot water for twenty minutes, and press through a sieve; thicken the milk with butter and flour blended together, and add to peas. Add the whole peas just before serving.

47.—PURÉE OF SPLIT PEAS

½ cup split peas
4 cups water or ham stock
2 slices onion
1 cup hot milk
⅛ teaspoon pepper
1 tablespoon bacon fat
1 tablespoon flour

Soak peas over night in cold water, and drain; add water or stock, and onion, and simmer about three hours or until peas are soft; press through a sieve; add milk and pepper, and thicken with bacon fat and flour blended together. Serve with croutons. If water is used in place of stock, add two slices of bacon and one and a quarter teaspoons of salt.

48.—RICE AND TOMATO SOUP

1 can tomatoes
½ onion
½ bay leaf
3 cloves
1 teaspoon salt
¼ teaspoon paprika
1 tablespoon sugar
2 cups boiling water
⅛ teaspoon soda
2 tablespoons bacon fat
2 tablespoons flour
½ cup cooked rice

Simmer tomatoes, seasonings, and water half an hour;

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press through a sieve, and add soda; melt bacon fat, and cook with flour until brown; add to soup, and stir until smooth; add rice, and serve.

49.—TOMATO BISQUE

2 cups tomatoes
1 slice onion
Bit of bay leaf
2 cloves
1 cup boiling water
¼ teaspoon soda
1 teaspoon sugar
1½ teaspoons salt
⅛ teaspoon pepper
3 cups hot milk
2 tablespoons butter
3 tablespoons flour

Simmer tomatoes, onion, bay leaf, cloves, and water for twenty minutes, and press through a sieve; add soda, sugar, salt, and pepper; thicken milk with butter and flour blended together, and add to tomato just before serving. Serve with croutons.

50.—TOMATO BOUILLON

1 can tomatoes
2 cups water
½ cup onion
½ cup carrot
1 cup celery tops
6 cloves
½ bay leaf
1½ teaspoons salt
Dash of cayenne
1 teaspoon sugar
2 tablespoons tomato ketchup

Simmer all ingredients except tomato ketchup for half an hour, strain through double cheesecloth, add ketchup, and serve either very hot or very cold. The tomato pulp should be pressed through a sieve and used for flavoring other soups or sauces.

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51.—TOMATO AND OATMEAL SOUP

½ can tomatoes
3 cups hot water
2 slices onion
¼ bay leaf
3 cloves
½ cup rolled oats
1 teaspoon salt
1 teaspoon sugar
⅛ teaspoon soda
⅛ teaspoon pepper
1 teaspoon butter

Heat tomatoes, water, onion, bay leaf, and cloves to boiling point; add oatmeal gradually, and cook for forty-five minutes; press through a sieve; add seasonings and butter, and serve with croutons.

52.—TOMATO AND PEANUT SOUP

1½ cups stewed and strained tomatoes
½ cup peanut butter
¾ teaspoon salt
¼ teaspoon paprika
2½ cups boiling water

Add tomatoes gradually to peanut butter, and when smooth add seasonings and water; simmer ten minutes, and serve with croutons. Well seasoned soup stock may be substituted for the water; if so, use less salt.

53.—WINSOR SOUP

2 potatoes
1 white turnip
¼ cup celery tops
2 slices onion
2½ cups boiling water
1½ cups hot milk
1 tablespoon butter
2 tablespoons flour
1½ teaspoons salt
⅛ teaspoon pepper
2 tablespoons tomato ketchup

Pare and slice potatoes and turnip, add celery tops, onion, and boiling water, cook half an hour, and press through a sieve; add hot milk, thicken with butter and flour blended together, season, and serve with croutons.

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54.—VEGETABLE SOUP

½ cup leeks
½ cup carrots
1 cup cabbage
2 tablespoons beef drippings
3 cups boiling water
1 cup half-inch potato cubes
1 cup hot milk
1 teaspoon salt
¼ teaspoon pepper
1 tablespoon chopped parsley

Cut leeks into slices, carrots and cabbage into small pieces, or put through the food chopper, and cook in beef drippings for ten minutes, stirring often; add boiling water and potatoes, and cook twenty minutes, or until vegetables are tender; add milk and seasonings, and serve with croutons.

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CHAPTER VI

SOUPS AND STEWS WITH MEAT OR FISH

55.—CREAM OF CHICKEN SOUP

3 cups chicken stock
1 slice onion
¼ cup celery tops
1 cup hot milk
Salt
⅛ teaspoon pepper
2 tablespoons chicken fat or butter
3 tablespoons flour

Cook stock, onion, and celery for fifteen minutes, and strain; add hot milk and seasonings, and thicken with chicken fat and flour blended together. The amount of salt will depend upon the quantity in the stock. Celery salt may be used in place of celery tops.

56.—CHICKEN AND OKRA SOUP

1 quart chicken stock
1 tablespoon grated onion
⅛ teaspoon celery salt
½ green pepper chopped
1 cup tomatoes
½ can okra
2 tablespoons rice

Heat stock to boiling point, add other ingredients, and simmer half an hour or until rice is tender. Add salt if necessary. Ham stock in place of chicken stock makes an excellent soup.

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57.—CLAM BISQUE

1 pint clams
1 cup water
1 slice onion
⅛ teaspoon soda
¼ teaspoon celery salt
1 teaspoon salt
⅛ teaspoon pepper
2 cups hot milk
1 tablespoon butter
2 tablespoons flour
1 teaspoon chopped parsley

Remove necks and gills from clams, and chop fine; simmer with the soft part of clams, water, and onion for fifteen minutes; add soda and seasonings; thicken the milk with the butter and flour cooked together; add to clams, sprinkle with parsley, and serve at once.

58.—CLAM BOUILLON

1 pint clams
2 cups cold water
¾ teaspoon salt
¼ teaspoon celery salt
Dash of cayenne

Chop clams, add cold water, and simmer fifteen minutes; add seasonings, and strain through double cheesecloth. Serve in cups with or without whipped cream; or pour over the stiffly beaten white of one egg.

59.—CLEAR SOUP

¼ cup chopped carrot
¼ cup chopped onion
¼ cup chopped turnip
2 cloves
Small bit bay leaf
1 quart boiling water
1 teaspoon beef extract
1 teaspoon salt
Dash of cayenne
Few drops kitchen bouquet

Cook vegetables, cloves, bay leaf, and water for half an hour, and strain through double cheesecloth. Add extract, salt, cayenne, and kitchen bouquet. Four bouillon cubes may be used in place of extract, and the salt, cayenne, and bouquet omitted.

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60.—JULIENNE SOUP (Bouillon Cubes)

2 tablespoons onion
2 tablespoons carrot
2 tablespoons white turnip
¼ teaspoon salt
4 cups boiling water
3 bouillon cubes

Cut vegetables into fine shreds an inch long, add salt and boiling water, and cook until tender; add bouillon cubes, and salt if necessary. Two tablespoons of tomato ketchup may be added.

61.—MOCK TURTLE SOUP

2 pounds knuckle of veal
½ pound liver
1 onion
1 carrot
½ bay leaf
½ cup celery tops
2 quarts water
2 teaspoons salt
⅛ teaspoon pepper
2 tablespoons beef drippings
4 tablespoons flour
1 teaspoon sugar
1 tablespoon vinegar
¼ teaspoon kitchen bouquet
1 hard-cooked egg

Wash meat, add vegetables cut fine, and boiling water, and cook slowly for four hours; remove meat, strain stock, remove fat, and add salt and pepper; cook drippings, flour, and sugar together until brown; add to stock, and stir until smooth; add vinegar, kitchen bouquet, and one-half cup each of liver and veal cut in small pieces. Serve a slice of egg in each plate. The left-over meat may be used for hash, croquettes, etc.

62.—MUSHROOM SOUP

¼ pound mushrooms
3 cups stock
1 slice onion
1 cup hot milk
⅛ teaspoon pepper
Salt
2 tablespoons butter
4 tablespoons flour

Wash mushrooms, chop stems, simmer with stock and onion for twenty minutes, and press through a sieve,

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reserving two or three whole caps; add milk, pepper, and salt if necessary; thicken with butter and flour blended together. Cut mushroom caps into bits, and add to soup.

63.—ONION SOUP

1 slice bacon
3 onions sliced
½ green pepper chopped fine
1 sprig parsley
1 clove
2 cups boiling water
2 cups hot milk
1 teaspoon salt
Dash of cayenne
1 tablespoon bacon fat
2 tablespoons flour
2 tablespoons grated cheese

Cut bacon in small pieces and cook with onions and green pepper five minutes; add parsley, clove, and boiling water; simmer half an hour, and press through a sieve; add milk and seasonings, and thicken with bacon fat and flour blended together; add cheese just before serving.

64.—OYSTER STEW

1 quart oysters
1 quart milk
1½ teaspoons salt
¼ teaspoon paprika
2 tablespoons butter

Pick over oysters to remove bits of shell, and cook in their own liquor until plump, skimming when necessary; scald milk, add seasonings and butter, and mix with oysters. Serve with oyster crackers.

65.—OYSTER AND CELERY BOUILLON

1 cup chopped celery tops
1 slice onion
½ bay leaf
3 cups boiling water
1 pint small oysters
1 teaspoon salt
¼ teaspoon paprika
White of 1 egg

Simmer celery, onion, bay leaf, and water for fifteen minutes; add oysters finely chopped, and simmer ten

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minutes; strain through double cheesecloth; season with salt and paprika, and pour over the stiffly beaten white of egg. Serve in cups. Or serve without the egg, put a spoonful of whipped cream in each cup, and sprinkle with paprika.

66.—SALMON BISQUE

1 small can salmon
2 cups water
1 slice onion
Bit of bay leaf
2 cups hot milk
1 tablespoon butter
2 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper

Separate salmon into flakes, add water, onion, and bay leaf; simmer for fifteen minutes, and remove onion and bay leaf; scald milk, thicken with butter and flour blended together; add seasonings, and mix with salmon. Serve with oyster crackers.

67.—SOUP STOCK

Use the liquid in which any meat has been cooked. Season well with vegetables; if brown stock is wanted, add a small amount of kitchen bouquet or caramel, and a little beef or vegetable extract. (See suggestions for the Stock Pot, page 4.)

68.—TOMATO TAPIOCA SOUP

2 cups tomato
3 cups hot water
1 slice onion
½ bay leaf
4 cloves
1¼ teaspoons salt
¼ teaspoon pepper
1 teaspoon sugar
2 cubes beef extract
2 tablespoons granulated tapioca

Mix the tomato and seasonings with the hot water; simmer for fifteen minutes, and rub through a sieve; add beef extract and tapioca, and cook fifteen minutes. Serve with croutons.

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69.—TUNA FISH SOUP

2 tablespoons grated carrot
1 tablespoon grated onion
2 cups boiling water
2 cups hot milk
¼ cup sifted crumbs
1 teaspoon salt
¼ teaspoon paprika
1 teaspoon chopped parsley
½ teaspoon Worcestershire sauce
1 cup tuna fish
½ tablespoon butter

Cook vegetables, water, and milk in the double boiler for twenty minutes; add crumbs, seasonings, tuna fish separated into flakes, and butter; cook five minutes.

70.—BEEF STEW

2 pounds shoulder trimmings
2 quarts boiling water
1 onion
1 carrot
1 white turnip
3 potatoes sliced
1 cup tomatoes
2½ teaspoons salt
⅛ teaspoon pepper
⅓ cup flour

Cut beef in pieces for serving, add water, and simmer two hours; put onion, carrot, and turnip through the food chopper, using coarse cutter, and add to meat; add potatoes, tomatoes, and seasonings, and cook forty-five minutes; thicken with flour mixed to a paste with cold water. Serve with Dumplings (see No. 72).

71.—IRISH STEW WITH DUMPLINGS

2 pounds forequarter lamb
2 quarts boiling water
2 teaspoons salt
⅛ teaspoon pepper
1 onion
1 carrot
1 small white turnip
4 potatoes
4 tablespoons flour

Cut meat in small pieces, and trim off most of fat; cover with boiling water, and simmer for one hour; add salt and

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pepper, onion, carrot, and turnip cut in small cubes, and cook one hour; pare and slice potatoes, add to stew, and cook twenty minutes; thicken with flour mixed to a paste with cold water; add Dumplings (see No. 72), cover, and cook twelve minutes.

72.—DUMPLINGS

1 cup flour
¼ teaspoon salt
2 teaspoons baking powder
½ cup milk or water

Sift flour, salt, and baking powder, and mix to a soft dough with milk; drop by spoonfuls upon boiling stew; cover closely, and cook twelve minutes.

73.—LAMB BROTH WITH SPAGHETTI

1 quart lamb stock
½ cup tomato
1 tablespoon chopped onion
1 tablespoon chopped carrot
⅛ teaspoon pepper
⅓ cup spaghetti
1 cup bits of lamb

Remove fat from stock; add vegetables, pepper, and (if necessary) salt; heat to boiling point, add spaghetti, and cook half an hour. Add meat just before serving.

74.—SCOTCH BROTH

2 pounds neck of mutton
2½ quarts cold water
¼ cup pearl barley
2 onions
2 white turnips
2 carrots
2 teaspoons salt
¼ teaspoon pepper

Wash mutton, cover with cold water, heat to boiling point, and simmer slowly for two hours; let stand over night. Soak barley in cold water over night. In the morning, remove fat from stock, remove meat from bones,

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and strain stock; if water has evaporated, add enough to make two and a half quarts; heat stock to boiling point, add seasonings, barley, and vegetables, which have been pared and cut into small cubes. Cook for one hour, add meat, and cook slowly one hour longer.

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CHAPTER VII

CHOWDERS

75.—CLAM CHOWDER

⅛ cup half-inch cubes salt pork
1 onion sliced
2 cups boiling water
4 cups potatoes cut in half-inch cubes
1 quart clams
1½ teaspoons salt
⅛ teaspoon pepper
3 cups hot milk
¼ cup sifted crumbs

Cook salt pork and onion slowly for ten minutes; add boiling water, and strain into chowder kettle; add potatoes, and cook twenty minutes; remove necks of clams, chop fine, add with the soft part to the potatoes, and cook ten minutes; add seasonings, hot milk, and crumbs, and serve with pilot crackers. The salt pork and onion may be served in the chowder if preferred.

76.—CORN CHOWDER

⅛ cup half-inch cubes salt pork
1 onion sliced
3 cups boiling water
3 cups thinly sliced potatoes
¼ teaspoon celery salt
1½ teaspoons salt
¼ teaspoon paprika
1 can corn chopped
2 cups hot milk
6 common crackers split

Cook salt pork and onion together slowly for ten minutes; add boiling water, and strain into chowder kettle; add potatoes and seasonings, and cook about fifteen minutes or until potatoes are tender; put corn into a strainer,

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drain the juice into the kettle, and chop the corn, using finest cutter; add to chowder; add hot milk and crackers; and cook five minutes. The bits of pork and onion may be left in the chowder if desired.

77.—CORN AND TOMATO CHOWDER

¼ pound salt pork chopped fine
1 onion chopped fine
1 green pepper shredded
3 cups boiling water
½ can tomatoes
3 potatoes sliced
2 teaspoons salt
¼ teaspoon pepper
½ can corn
2 cups hot milk
1 tablespoon butter
2 tablespoons flour
6 common crackers split

Cook pork, onion, and pepper slowly for ten minutes; add water, tomatoes, potatoes, salt, and pepper, and cook until potatoes are tender; add corn and milk, and thicken with butter and flour blended together. Add crackers (which have been moistened in cold water), and simmer for five minutes.

78.—FISH CHOWDER

3 pounds haddock
½ cup half-inch cubes salt pork
1 onion sliced
1 quart cold water
4 cups thinly sliced potatoes
2 teaspoons salt
⅛ teaspoon pepper
1 tablespoon butter
3 tablespoons flour
2 cups hot milk
6 common crackers split

Order skin and bones removed from fish at market, and have them delivered with fish and head; cook salt pork and onion together slowly for ten minutes; add fish head, skin, and bones, cover with cold water; cook for twenty minutes, and strain into chowder kettle; add the fish (cut in two-inch pieces), potatoes, salt, and pepper, and cook

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twenty minutes; thicken milk with butter and flour blended together, and mix with chowder; add crackers (which have been moistened in cold water), and cover for five minutes. Cod, hake, white fish, or any firm fish may be used in of haddock.

79.—OYSTER CHOWDER

3 potatoes cut in half-inch cubes
1 onion chopped fine
¼ cup celery chopped fine
2 tablespoons bacon fat
3 cups boiling water
1 pint small oysters
1½ teaspoons salt
⅛ teaspoon pepper
2 cups hot milk
¼ cup sifted crumbs

Cook potatoes, onion, celery, and bacon fat in boiling water for fifteen minutes; add oysters, salt and pepper, and cook five minutes; skim; add hot milk and crumbs, and serve with pilot crackers.

80.—POTATO CHOWDER

Follow recipe for Corn Chowder (see No. 76), cooking one-half cup of finely chopped carrot with the potatoes, and leaving out the corn.

81.—SALMON CHOWDER

⅛ cup half-inch cubes salt pork
1 onion sliced
3 cups boiling water
4 potatoes cut in half-inch cubes
1½ teaspoons salt
¼ teaspoon paprika
⅓ cup flour
3 cups hot milk
1 can salmon
2 tablespoons sifted crumbs
1 beaten egg
½ teaspoon salt
⅛ teaspoon pepper
¼ teaspoon onion juice

Cook salt pork and onion slowly for ten minutes; add boiling water, and strain into chowder kettle; add potatoes

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and seasonings, and cook twenty minutes; mix flour to a smooth paste with cold water; add to milk, cook five minutes, and add to potatoes. Chop the salmon, add crumbs, egg, salt, pepper, and onion juice, and mix well; shape into balls about an inch in diameter, add to chowder, and cook ten minutes. Serve with pilot crackers.

82.—SALT FISH CHOWDER

Follow recipe for Corn Chowder (see No. 76), using one cup flaked salt fish in place of corn. The fish should be soaked in cold water for one hour, drained, and simmered in the chowder five minutes.

83.—VEGETABLE CHOWDER

⅛ cup half-inch cubes salt pork
1 onion finely chopped
1½ cups half-inch potato cubes
1 cup half-inch parsnip cubes
½ cup carrot chopped
½ cup white turnip chopped
1 quart boiling water
3 cups hot milk
2 teaspoons salt
¼ teaspoon pepper
¼ cup dried bread crumbs
1 teaspoon chopped parsley

Cook pork and onion five minutes; add vegetables and water, and cook about twenty minutes or until vegetables are tender; add milk, seasonings, crumbs, and parsley. Four common crackers, split, may be used in place of bread crumbs.

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CHAPTER VIII

FISH [1]

84.—BAKED COD STEAKS

Wash and dry four slices of cod steak, season with salt and pepper, put in baking pan, and pour around them one-half cup of water and one tablespoon of shortening; bake twenty-five minutes, basting often. Remove skin and bone, and pour over fish either Cheese Sauce (see No. 188) or Egg Sauce (see No. 195). Sliced halibut may be baked in the same way.

85.—BAKED STUFFED HADDOCK

Wash and dry a three-pound fish, fill with Fish Stuffing (see No. 210), and sew together. Place on a rack in a dripping pan, season with salt and pepper, dredge with flour, and cover with thin slices of salt pork; bake in a hot oven forty-five minutes, basting often. Until pork begins to try out, baste with two tablespoons of drippings melted in quarter of a cup of boiling water. Serve with Egg Sauce (see No. 195) and French Fried Potatoes (see No. 270).

86.—BOILED HALIBUT

Order two pounds of halibut cut near the tail; wash, cover with boiling water, add one tablespoon each of salt and vinegar, and boil about twenty-five minutes, skim-

[1] For cooking fish for which recipes are not given in this Chapter, see Time Table for Cooking (page 240).

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ming when necessary; drain, remove skin, and serve with Egg Sauce (see No. 195) or Cheese Sauce (see No. 188).

87.—FRIED FILLETS OF FLOUNDER

Have skin and bone removed from two medium-sized flounders; divide each piece of fish lengthwise, making eight fillets; wash and dry, brush with melted butter, and season with salt and pepper; roll, fasten with skewers, roll in flour, dip in egg, roll in crumbs, and fry in deep fat from five to seven minutes. Serve with Sauce Tartare (see No. 202).

88.—FISH SAUTÉED WITH SALT PORK

Cut one-quarter pound of salt pork in thin slices, try out in frying pan, and remove scraps to platter. Cut cod, haddock, white fish, or any similar fish into one-inch slices; wash, season with salt and pepper, dip in corn meal, and sauté on each side in pork fat about seven minutes, or until brown.

89.—BROILED OYSTERS

Select large oysters, season lightly with salt and pepper, dip in melted butter, and then in cracker crumbs. Place on a well-greased oyster broiler, and broil about three or four minutes, turning often. Serve very hot with lemon butter.

90.—OYSTERS WITH BROWN SAUCE

1 pint oysters	½ teaspoon salt
3 tablespoons bacon fat	⅛ teaspoon celery salt
5 tablespoons flour	⅛ teaspoon pepper
Stock or milk	¼ teaspoon kitchen bouquet

1 teaspoon Worcestershire sauce

Cook oysters until edges ruffle; drain, and save the liquor; melt bacon fat, add flour, and stir until brown; to

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the oyster liquor add enough milk or stock to make two cups; add to flour and fat, and stir until smooth; add seasonings and oysters, stir until hot, and serve on toast or in Croustades (see No. 473) or Patty Shells (see No. 621).

91.—CREAMED OYSTERS

1 pint small oysters
2½ tablespoons butter
5 tablespoons flour
Milk
¾ teaspoon salt
¼ teaspoon paprika
⅛ teaspoon celery salt

Cook oysters in their own liquor until plump; drain, and measure the liquor; melt butter, add flour, and blend well; add oyster liquor, and enough milk to make two cups; stir until smooth, add seasonings and oysters, and serve on toast. Garnish with toast points and sliced pickles.

92.—CREAMED OYSTER PIE

Bake a Pie Shell (see No. 622), fill with Creamed Oysters (see No. 91), and cover with a meringue made of the stiffly beaten whites of two eggs, one teaspoon sugar, one-eighth teaspoon salt, two small sour pickles, and one canned sweet pepper (pickles and pepper wiped dry and chopped fine). Bake in a moderate oven about ten minutes, or until meringue is well risen and brown.

93.—OYSTERS AND MACARONI

Arrange two cups of cooked macaroni and one pint of small oysters in layers in a buttered baking dish; season each layer with salt and pepper, and dredge with flour; cover with Buttered Crumbs (see No. 472), and bake in a hot oven twenty minutes. One-fourth cup of grated cheese may be added.

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94.—OYSTER SHORTCAKE

Follow recipe for Shortcake (see No. 441); fill, and cover top with Creamed Oysters (see No. 91). Garnish with parsley and thin slices of lemon.

95.—PANNED OYSTERS

Heat and butter individual egg shirrers, or other fireproof dishes which can be sent to the table; put in a piece of buttered toast, cover with oysters, season lightly with salt and pepper, and bake in a hot oven about ten minutes, or until the edges ruffle. Garnish with toast points and lemon, and serve very hot.

WARMED-OVER FISH

96.—CREAMED FISH

1 cup milk
1 slice onion
1 slice carrot
Bit of bay leaf
1 tablespoon butter
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
1½ cups flaked fish
½ cup buttered crumbs

Scald milk with onion, carrot, and bay leaf for fifteen minutes; strain; melt butter, add flour, and blend well; add milk, and stir until smooth; add seasonings and fish; turn into a greased baking dish, cover with crumbs, and bake in a hot oven fifteen minutes. Or arrange a border of mashed potato on a platter, and turn the creamed fish into the center, omitting the crumbs.

97.—FISH AND POTATO PIE

Line a deep greased dish with well-seasoned mashed potato to a thickness of one inch; fill to within one inch

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of the top with Creamed Fish (see No. 96); cover with potato, brush with melted butter, and bake in a hot oven until brown. Garnish with parsley and lemon.

98.—FISH TIMBALES

1½ cups hot milk
1 tablespoon butter
¼ cup dried and sifted bread crumbs
¼ teaspoon paprika
½ teaspoon salt
½ teaspoon grated onion
1 beaten egg
1½ cups cold flaked fish

Scald milk, add other ingredients in order given; turn into greased individual molds and bake in a slow oven until firm; turn out upon serving dish and pour around them Cheese Sauce (see No. 188).

99.—CREOLE SALMON

2 tablespoons bacon fat
1 green pepper finely chopped
1 onion finely chopped
½ cup tomato
⅛ teaspoon soda
1 cup hot milk
¼ teaspoon paprika
½ teaspoon salt
1 can salmon

Cook pepper and onion in bacon fat for five minutes; mix tomato and soda, and add to vegetables; bring to boiling point, and add seasonings and milk; add salmon, which has been rinsed with hot water and separated into flakes. Serve with a border of boiled rice.

100.—DUTCH SALMON

2 tablespoons bacon fat
4 cups cabbage coarsely chopped
¼ cup boiling water
1 teaspoon salt
⅛ teaspoon pepper
1 can salmon

Heat bacon fat in frying pan, add cabbage, and cook five minutes, stirring frequently; add water and season-

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ings, and cook fifteen minutes or until cabbage is tender. Rinse salmon with hot water, separate into flakes, and add to cabbage.

101.—SALMON LOAF

1 cup dried bread crumbs
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon onion juice
1 cup boiling water
1 beaten egg
1 can salmon flaked

Mix in order given, put in greased mold, and steam one-half hour. Serve with white sauce to which has been added the juice of half a lemon. To free salmon of the oily taste, place in a sieve, and rinse with hot water before flaking. Tuna fish may be used in place of salmon.

102.—SALMON AND PEAS SOUFFLÉ

1 cup hot milk
¾ cup soft bread crumbs
1 tablespoon butter
½ teaspoon salt
¼ teaspoon paprika
1½ cups flaked salmon
½ cup peas
Whites of 2 eggs

Cook crumbs, butter, and seasonings in the hot milk for three minutes; add the salmon and peas; fold in the whites of the eggs, which have been beaten very stiff; put in a greased baking dish, and bake about twenty-five minutes in a moderate oven.

103.—FRIED SCALLOPS

Wash one pint of deep sea scallops, and cut each scallop into quarters; scald with boiling water, drain, season with salt and pepper, dredge with flour, dip in egg, and then in crumbs, and fry in deep fat about two minutes; drain on soft paper, and serve with Sauce Tartare (see No. 202).

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104.—LOUISIANA SHRIMPS AND RICE

2 tablespoons beef drippings
1 onion finely chopped
3 tablespoons flour
1 cup stewed and strained tomato
1½ cups stock or water
1 teaspoon salt
¼ teaspoon paprika
2 cups cooked rice
1 cup cooked shrimps cut in pieces

Cook onion in fat for five minutes, add flour, and stir until well blended; add tomatoes and stock, and stir until smooth; add seasonings, rice, and shrimps.

SALT AND SMOKED FISH

105.—FINNAN HADDIE BAKED IN MILK

Wash fish, and soak in lukewarm water for half an hour; put in baking pan, add one-half cup each of milk and water, and bake about twenty-five minutes, basting often. Remove to platter, spread with butter, and strain liquid in the pan over fish.

106.—BAKED HERRING

Arrange smoked, boned herring on pieces of entire wheat bread; place on platter, and pour hot milk over them, allowing three-quarters of a cup for six slices of bread. Brown in a hot oven.

107.—BAKED SALT MACKEREL (Spiced)

Soak mackerel in cold water for twelve hours; drain, and rinse with cold water. Place in a granite baking pan, sprinkle with one-fourth teaspoon each of clove, allspice, cinnamon, and pepper; add one-half cup each of vinegar and water; bake in a moderate oven one hour, basting frequently.

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108.—SALT FISH BAKED WITH CRACKERS

1 cup flaked fish
4 butter crackers
Cold water
1 egg slightly beaten
2 cups milk
1 tablespoon butter
A few grains pepper

Split crackers, put with fish in a baking dish, cover with cold water, and soak over night or for several hours; drain, press out water, add other ingredients, and bake about twenty-five minutes in a moderate oven.

109.—BROILED FINNAN HADDIE

Wash well, and soak in lukewarm water half an hour; dry, brush with melted butter, and broil for fifteen minutes, turning often; spread with butter, sprinkle with lemon juice, and serve very hot.

110.—BROILED SALT CODFISH

Select thick pieces of fish, and soak over night in cold water; drain, dry, brush with melted butter, and broil over a moderate fire ten minutes, turning often. Spread with soft butter.

111.—BROILED SMOKED HERRING

Soak herring in cold water half an hour; drain, pour boiling water over skin side, and soak for ten minutes; remove skin, place on a greased broiler, and cook over a clear fire about eight minutes, turning frequently; spread with a little Mustard Butter (see No. 459), and sprinkle with lemon juice.

112.—BROILED SMOKED SALMON

Soak salmon in cold water for twenty-four hours, changing the water once; drain, dry, place on a greased broiler,

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and broil over a moderate fire about five minutes on each side, turning often. Spread with soft butter and sprinkle with lemon juice.

113.—CREAMED CODFISH

1½ cups hot milk
3 tablespoons flour
⅛ teaspoon pepper
1 cup salt codfish flaked
½ tablespoon butter

Thicken milk with flour which has been mixed to a paste with cold water, add pepper, and cook fifteen minutes; soak codfish for two hours in lukewarm water, separate into small flakes, add to sauce, and simmer five minutes; add butter just before serving. One beaten egg or one hard-cooked egg chopped may be added. Serve with baked potatoes.

114.—FISH CAKES WITH PORK SCRAPS

1 package shredded codfish
2 cups hot mashed potato
⅛ teaspoon pepper
1 egg well beaten
2 tablespoons milk
¼ pound salt pork

Soak fish in lukewarm water fifteen minutes; drain, and squeeze in cheesecloth; add potato, pepper, egg, milk, and salt if necessary; beat well, shape into small flat cakes, and roll in flour; cut pork in thin slices, and try out in frying pan; when crisp, but not burnt, remove to platter; cook fish cakes in fat in pan until brown, and serve with a piece of pork on each.

115.—FISH BALLS

Follow recipe for Fish Cakes (see No. 114), but shape slightly with a tablespoon, and cook in deep fat one minute.

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116.—FISH HASH

Follow recipe for Fish Cakes (see No. 114), but omit the egg and add double the quantity of milk. Try out pork and remove scraps to platter; spread hash in frying pan with the fat, and stir well; cook slowly until well browned. Fold double, and serve with pork scraps.

117.—SALT CODFISH SOUFFLÉ

1 cup shredded codfish
2 cups mashed potato (hot or cold)
Yolks of 2 eggs
2 tablespoons butter
Dash of pepper
Whites of 2 eggs

Soak the fish in lukewarm water for ten minutes; drain and dry thoroughly; mix with the potato; add egg yolks, which have been beaten very light, and the butter and pepper. Beat well, and fold in the whites of the eggs, which have been beaten stiff and dry. Put in a greased baking dish, and bake about twenty minutes in a moderate oven. Half of a green pepper and a slice of onion may be chopped and cooked in the butter, and added to the potato and fish.

118.—SPANISH CODFISH

1 onion
1 green pepper
2 tablespoons bacon fat
1½ cups tomatoes
¾ cup salt codfish
¼ teaspoon salt

Chop onion and pepper, and cook in the bacon fat about five minutes; add the tomatoes and simmer ten minutes; add codfish, which has been flaked and freshened in lukewarm water, and salt if necessary. Simmer two minutes and serve with border of boiled rice.

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CHAPTER IX

MEATS [1]

119.—PRESSED BEEF

Wash a four-pound piece of beef flank or any other of the cheaper cuts. Cover with boiling water, bring to boiling point, and skim; slice and add two carrots, two onions, and one white turnip; cook slowly for four hours or until meat is very tender; add two teaspoons of salt when half cooked; pack meat solidly into a deep bread pan, putting the grain of the meat lengthwise; place pan in a shallow pan to catch the overflow, put an empty bread pan on top of meat, and press with two heavy flatirons; let stand in a cool place over night. Strain the stock, and use for soups or sauces.

120.—PRESSED CORNED BEEF

Select a four-pound piece of shoulder or lean end of brisket lightly corned; wash well, cover with boiling water, and cook *slowly* for four hours; pack and press as for Pressed Beef (see No. 119). The heat should not be above the simmering point (185° F.): if the water boils the meat will be tough.

[1] Recipes for using only the cheaper cuts of meat are given in this Chapter. For cooking poultry, game, and other cuts of meat, see Time Table for Cooking (page 240).

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121.—ROAST BEEF

The most economical cuts of beef for roasting are the shoulder, the face of the rump, and the chuck ribs; they are all of good flavor and fairly tender. When ordering a shoulder roast, have an inch slice cut off to broil. The chuck roast should be ordered boned and rolled, and the bones sent with it. Wipe beef with cheesecloth, place skin side down on a rack in a roasting pan suitable for the size of the roast; dust with salt and pepper, dredge with flour, and cook in a hot oven, basting every ten minutes. When half roasted, turn over, dredge with flour, and finish cooking. For a medium-cooked roast allow seventeen minutes for each pound of meat. The oven should be very hot for the first fifteen minutes, after which the heat should be reduced.

122.—POT ROAST OF BEEF

A small aitchbone or a solid piece from the shoulder weighing about five pounds makes an economical roast. Wash, dry, season with salt and pepper, dredge with flour, and brown quickly in a hot frying pan or Scotch kettle; place in kettle, half cover with water, cover closely, and cook slowly four hours; when half cooked, season with salt and pepper; add four small onions, two carrots, and one white turnip cut in quarters; when cooked place meat on platter with vegetables around it; remove fat from gravy, and thicken with flour mixed to a paste with cold water, allowing one-fourth cup of flour to two cups of gravy. Color with a few drops of kitchen bouquet if necessary.

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123.—SHIN OF BEEF WITH CREOLE SAUCE

4 pounds shin of beef
½ onion sliced
½ carrot sliced
2 cups tomato
1 green pepper chopped
½ onion chopped
¼ teaspoon celery salt
¼ teaspoon paprika
½ teaspoon salt
4 tablespoons dried bread crumbs

Wash meat, sprinkle with salt and pepper; put into an iron kettle or earthen crock; add onion and carrot; cover closely, and bake in a slow oven four hours. Remove meat from the bone; skim fat from stock. Cook tomatoes, pepper, onion, and seasonings twenty minutes; add stock, crumbs, and meat. The meat cooks in its own juice and will be very tender.

124.—STUFFED SHIN OF BEEF

4 pounds shin of beef
1 onion
1 carrot
1 small white turnip
½ teaspoon salt
1 quart boiling water

Have the bone removed and cracked; finely chop vegetables and stuff into beef; place on a trivet in kettle with the bone; add boiling water, and cook slowly for four hours. Skim when necessary. Remove meat, and thicken gravy with flour mixed to a paste with cold water, allowing one-fourth cup flour to two cups gravy. Color with a few drops of kitchen bouquet.

125.—TO BROIL STEAK

Wipe steak, trim off superfluous fat, place on a greased broiler with fat towards the handle, and broil over a clear fire or under a gas flame. Turn four or five times during the first minute, and then occasionally. For steak

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an inch and a half thick, medium cooked, allow twelve minutes to broil. Season with salt and pepper, and spread with soft butter. A slice from the shoulder is a good and inexpensive cut.

126—BROILED FLANK STEAK

Follow directions for broiling steak (see No. 125), but, as flank steak is thinner, broil only seven or eight minutes. Season with salt and pepper, spread with one tablespoon of soft butter and one tablespoon of tomato ketchup.

127.—STEAK COUNTRY STYLE

1½ pounds flank steak	⅓ teaspoon salt
4 onions	⅛ teaspoon pepper
1 tablespoon flour	¼ cup boiling water

Pound the steak with a meat pounder or a wooden potato masher to break the tough fibers. Sear quickly on each side in a very hot frying pan; peel and chop onions, dredge with flour, and put in pan with the steak; add salt and pepper; cover closely, and cook slowly an hour and a half. Put steak on platter, add boiling water to onions, and pour around steak. Serve with hashed brown potatoes.

128.—BROILED CHOPPED BEEF

Put one pound and a half of any of the cheaper cuts of beef through the meat chopper; season with pepper and salt, and pat lightly into a flat cake an inch thick; place carefully on a greased broiler, and broil about eight minutes for a medium-cooked steak. Spread with soft butter.

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129—HAMBURG MEAT CAKES

1 pound beef
1 thin slice salt pork
¼ cup dried crumbs
1 teaspoon salt
⅛ teaspoon pepper
½ cup milk

Use any of the cheaper cuts of beef; put through the meat chopper with the salt pork, add crumbs, seasoning, and milk; mix well, shape into small flat cakes, roll in flour, and sauté slowly in beef drippings until brown, allowing ten minutes for each side. Remove meat to platter; add two tablespoons of flour to the fat in the pan, and stir until brown; add one-fourth teaspoon each of mustard, salt, and paprika, and one cup of boiling water. Stir until smooth, and pour around meat cakes. One teaspoon of grated onion may be added to meat.

130.—BEEF AND BACON CAKES

1 pound flank of beef
3 slices bacon
¼ cup dried bread crumbs
½ cup water
¼ teaspoon salt
Dash of cayenne

Put meat and bacon through chopper; add crumbs, water, and seasonings; mix well, form into small flat cakes, and sauté in bacon fat.

131.—BEEF LOAF

2 pounds shoulder trimmings chopped
¼ pound salt pork chopped
½ teaspoon pepper
1½ teaspoons salt
3 common crackers rolled fine
1 cup milk

Mix in order given and bake in a deep pan about two hours in a slow oven. Serve hot with Tomato Sauce (see No. 203) or Creole Sauce (see No. 191), or serve cold, sliced. One teaspoon of poultry seasoning may be added if desired.

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132.—CASSEROLE OF BEEF

1 pound of shoulder trimmings
1 tablespoon flour
2 potatoes
1 carrot
1 onion
1 tablespoon pearl tapioca
1¼ teaspoons salt
¼ teaspoon paprika
1 tablespoon tomato ketchup
Cold water

Cut beef into inch pieces, sear quickly in hot frying pan, dredge with flour, and put into casserole; cut potatoes into cubes or balls; put carrot and onion through meat chopper; mix vegetables, and add to meat; add tapioca and seasonings, cover with cold water (a little of the water should be put into the frying pan to obtain all the flavor of the meat, and then added to the rest). Cover, and bake slowly two and a half hours. Any of the other cheaper cuts of meat may be used. Serve with spinach or cold slaw.

133.—CREAMED DRIED BEEF WITH CHEESE

¼ pound dried beef
1½ tablespoons butter
2 tablespoons flour
1 cup milk
2 tablespoons grated cheese
2 tablespoons ketchup

Cut beef in small pieces, cover with boiling water, let stand five minutes, and drain; melt butter, add beef, and stir until hot; add flour and milk, and stir until smooth; add cheese and ketchup, and stir until cheese is melted. Serve with baked potatoes.

134.—AMERICAN CHOP SUEY

2 tablespoons bacon fat
1 onion finely chopped
¾ pound flank beef chopped fine
1 can condensed tomato soup
1 cup cooked spaghetti
½ teaspoon salt
⅛ teaspoon pepper

Cook onion and beef in fat until brown; add tomato, spaghetti, and seasonings, and simmer ten minutes.

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135.—BROWN FRICASSEE OF LAMB

2 pounds forequarter lamb
2 quarts boiling water
1½ teaspoons salt
2 onions
2 white turnips
2 carrots
5 tablespoons flour
¼ teaspoon kitchen bouquet

Cut lamb in pieces the size of a chop, trim off nearly all fat, add boiling water, heat to boiling point, and skim; add salt and vegetables (left whole), and simmer for two hours; remove meat, season with salt and pepper, dredge with flour, and sauté with two tablespoons of fat in a hot frying pan until brown; to the fat in the pan add the flour, and stir until brown, add two cups of stock, and stir until smooth; color with kitchen bouquet, add pepper, and salt if necessary. Slice vegetables, and serve with meat. Use left-over stock for soups or sauces.

136.—CASSEROLE OF LAMB

1½ pounds forequarter lamb
½ cup each white turnip, carrot, and onion finely chopped
1 cup tomato
2 tablespoons rolled oats
¼ teaspoon pepper
1½ teaspoons salt
3 cups hot water

Remove fat and cut meat into inch pieces; put into a casserole with vegetables, oats, seasonings, and water, and cook in a moderate oven two hours.

137.—LAMB CHOPS

Chops from the forequarter are much cheaper than loin or kidney chops. They contain more bone, but are tender and of good flavor, if well cooked. Cook the same as Lamb Cutlets (see No. 138). The time of cooking may vary slightly according to the thickness of the meat.

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138.—LAMB CUTLETS

Have a small forequarter of lamb cut in pieces for serving; select the best pieces, trim, and skewer into shape. Season lightly with salt and pepper, dip in egg and crumbs, and fry in deep fat about seven minutes; or dip in flour, and sauté on each side about ten minutes; or broil on each side about five minutes. The rest of the forequarter can be used for fricassee, Scotch broth, croquettes, and many other dishes.

139.—ROLLED ROAST OF LAMB

Order a small forequarter of lamb boned and rolled; have the bones sent with the meat; wash bones and meat, put bones in kettle, put meat on top; add one sliced onion, one sliced carrot, one bay leaf, and a sprig of thyme. Cover with two quarts of boiling water, and simmer for two hours, skimming when necessary; add two teaspoons of salt after meat has cooked one hour. Remove meat to a roasting pan, sprinkle with salt and pepper, dredge with flour, and roast in a hot oven about half an hour. To the drippings in the pan add four tablespoons of flour and stir until brown; add one and a half cups of stock which has been strained and had fat removed; stir until smooth and serve with meat. The left-over stock should be used for soups and sauces. The forequarter of lamb, although quite fat, is tender and of good flavor, and costs much less than a leg of lamb.

140.—BROWN FRICASSEE OF FOWL

Clean, singe, and cut up a four-pound fowl, place in a kettle, cover with boiling water, add one whole onion, and one carrot cut in halves, and cook slowly for three hours,

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or until tender; add two teaspoons of salt when half cooked; remove fowl, season with salt and pepper, dredge with flour, and brown in one-quarter of a pound of fat salt pork tried out in the frying pan. Remove fowl to platter, and make a sauce in the pan with four tablespoons of fat, five tablespoons of flour browned together, and two cups of stock. Pour over fowl, and garnish with toast points or small, thin baking powder biscuit. The remainder of the stock may be used for soup or sauce, or for Celery Toast (see No. 462).

141.—ROAST FOWL

Clean and singe a five-pound fowl; stuff with Bread Stuffing (see No. 208), truss, place on a trivet in a pan suited to the size of the fowl, dredge with flour, cover with thin slices of fat salt pork, and bake in a slow oven three hours, basting every fifteen minutes. Put into the pan the chicken fat (which was removed when cleaning) and use for basting. Dredge with flour twice while cooking. Cook the giblets in boiling water one hour, and chop fine; make a gravy in the pan, allowing four tablespoons each of fat and flour, and the water in which giblets were cooked, with enough boiling water added to make two cups; season with salt and pepper, and add the giblets. If cooked slowly and basted often, a fowl will be as tender as a chicken.

142.—CHICKEN PIE

Use the remnants of cold roast or fricasseed fowl. If roast fowl is used, make stock by covering bones and left-over gravy with cold water and simmering an hour or more; to three cups of stock add one-half onion chopped,

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two potatoes cut in half-inch cubes, one teaspoon salt, and one-eighth teaspoon pepper, and boil fifteen minutes; thicken with one-half cup of flour mixed to a paste with cold water; put chicken in a baking dish, add stock and potato, and cover with small biscuit made by Baking Powder Biscuit (see No. 424) or Shortcake (see No. 441) recipes. Bake in a hot oven about twenty minutes or until biscuit are done. If the amount of chicken is scant, add one or two hard-cooked eggs sliced.

143.—POTTED PIGEONS

4 pigeons
Bread Stuffing (see No. 208)
4 tablespoons bacon fat
½ onion sliced
½ carrot sliced
1 cup celery tops
½ teaspoon salt
⅛ teaspoon pepper
2 cups boiling water
3 tablespoons flour
4 tablespoons cold water

Clean pigeons, wipe dry, stuff, and truss neatly into shape. Brown in hot bacon fat in the frying pan, and place in a casserole dish or bean pot; add vegetables, seasonings, and boiling water. Cover, and bake in a slow oven three hours. Remove pigeons to serving dish, thicken the stock with the flour mixed to a paste with cold water; cook ten minutes, strain, and pour over pigeons. The giblets may be cooked in boiling salted water about ten minutes, chopped, and added to the sauce.

144.—COUNTRY CLUB RABBIT

Cut a young rabbit in pieces for serving; sprinkle with salt and pepper; dip in flour, then in egg, and coat thickly with crumbs; put into a well-greased baking pan, and bake in a hot oven about half an hour, basting often with bacon fat. Arrange rabbit on serving dish, and make a

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brown sauce in the pan, using three tablespoons each of bacon fat and flour, one teaspoon of grated onion, and one and one-half cups of stock, milk, or boiling water. Season with one-half teaspoon of salt, one-fourth teaspoon paprika, and two tablespoons tomato ketchup.

145.—CASSEROLE OF RABBIT AND OKRA

3 slices bacon
1 rabbit
1 onion finely chopped
3 tablespoons flour
1¼ teaspoons salt
¼ teaspoon pepper
2 cups boiling water
1 cup tomatoes
1 pint okra sliced

Cut bacon into one-inch pieces, and cook in frying pan until brown; remove bacon; cut rabbit in pieces for serving and soak half an hour in cold salted water; drain, dredge with flour, brown in bacon fat, and put with cooked bacon in a casserole dish; cook onion in bacon fat until brown; add flour, salt, pepper, and boiling water; stir until smooth, and pour over rabbit; add tomato and okra, sprinkle with salt; cover, and bake in a moderate oven one hour and a half.

146.—ROAST PORK

Have the bone removed from a six-pound fresh shoulder of pork; wash, dry, and stuff with Bread Stuffing (see No. 208) or Peanut Stuffing (see No. 211); season with salt and pepper, dredge with flour, and roast in a moderate oven about two and three-quarters hours. Baste often, and be sure oven is not too hot, as pork must cook slowly. This is an excellent cut, and less expensive than the loin or fresh leg. Strain the fat and add it to the frying fat, or use in place of lard. Have the bones sent and use for stock. Serve with Dark Red Apple Sauce (see No. 663).

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147.—PORK CHOPS BAKED WITH POTATOES

Pare potatoes, and cut in thin slices; wash, drain, season with salt and pepper, and put into a baking dish; cover with small pork chops from which part of the fat has been removed; dust with salt, pepper, and flour; add half a cup of boiling water, and bake in a hot oven about forty minutes. Turn chops when half cooked.

148.—SAUSAGE CAKES

½ pound sausage meat
1 teaspoon grated onion
¼ teaspoon salt
⅓ cup hot water
⅓ cup sifted crumbs

Mix well, shape into small flat cakes, roll in crumbs, and bake in a hot oven about twenty minutes, or until brown.

149.—SAUSAGE CAKES BAKED WITH APPLE

1 pound sausage meat
4 apples

Shape meat into small flat cakes, and put in the center of a dripping pan; core apples, cut into half-inch slices, and put around sausage. Bake in a hot oven until brown, basting frequently with the fat from the sausage.

150.—SAUSAGES WITH OYSTERS AND EGGS

4 small sausages
1 teaspoon grated onion
1 cup small oysters
2 eggs slightly beaten
¼ teaspoon salt

Cut sausages into half-inch bias slices, and cook with onion in a hot frying pan until brown; add oysters, and cook until edges ruffle; add eggs and salt, and scramble until firm.

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151.—BREAKFAST BACON

Lay slices of bacon close together on a fine wire broiler, place broiler over a dripping pan, and bake in a hot oven about ten minutes or until bacon is brown and crisp. Avoid burning. Save fat for cooking.

152.—BROILED HAM

Ham for broiling should be cut in very thin slices. Trim off superfluous fat, cover ham with lukewarm water, and stand on back of range for fifteen minutes; dry, and broil over clear fire until fat is brown.

153.—BAKED SLICED HAM

Order a small slice of ham cut an inch and a half thick; cover with warm water, and place on the back of the range for an hour. Drain ham, cover with a mixture of two tablespoons of flour, two tablespoons of brown sugar, one-half teaspoon of mustard, and a dash of cayenne. Put a few small bits of the fat on top, and bake twenty-five minutes in a moderate oven. Place ham on platter, pour off fat in the pan, add one-fourth cup of cider or weak vinegar; bring to boiling point, and pour around ham.

154.—HAM LOAF

1 pound raw ham	2 beaten eggs
1 cup dried crumbs	¼ teaspoon mustard
1 cup boiling water	¼ teaspoon salt

Put ham, including the fat, through meat chopper; add crumbs, water, eggs, and seasonings; mix well, and bake in a small bread pan, in a slow oven, an hour and a half; or cook in steamer two hours.

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155.—ROAST BREAST OF VEAL STUFFED

Have a pocket cut in veal, wash, dry, and stuff with Crust Stuffing (see No. 209); skewer neatly into shape, dredge with flour, season with salt and pepper, and cover with two thin slices of fat salt pork; place on rack in dripping pan, and roast in a moderate oven two hours, basting often. Serve with gravy made from drippings in the pan, three tablespoons of flour, and one and one-half cups of water. Season with salt and pepper, and strain.

156.—VEAL WITH VEGETABLES

3 pounds knuckle of veal
½ cup each of finely chopped onion, carrot, turnip, and celery
¼ cup pearl barley
2 cups hot water
1¼ teaspoons salt
¼ teaspoon paprika

Order veal cut in three-inch lengths; remove meat from bone, and put in a casserole dish; add vegetables, barley (which has been soaked for an hour in cold water), hot water, and seasonings; place the pieces of bone, cut edge down, on top; cover closely, and bake in a moderate oven two and a half hours. Remove the bones before serving.

157.—VEAL LOAF (Baked)

2½ pounds raw veal
¼ pound salt pork
½ teaspoon pepper
2 teaspoons salt
1 cup dried and sifted crumbs
½ cup boiling water
½ cup milk

Put veal and pork through the meat chopper; add pepper, salt, crumbs, water, and milk. Mix well, press into a deep pan, cover with paper, and bake slowly for two

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hours. Serve hot or cold. A teaspoon each of poultry seasoning and grated onion may be added.

158.—VEAL LOAF (Boiled)

4 pounds knuckle of veal
1 onion
1 bay leaf
4 cloves
2½ teaspoons salt
½ teaspoon pepper
4 cups hot water
½ package gelatine
¼ cup cold water
Juice of 1 lemon
1 hard-boiled egg
2 gherkins

Cook veal with seasonings in hot water until meat is very tender; strain, remove fat and bone, and chop meat; soak gelatine in cold water, add to strained stock in which meat was cooked, add meat and lemon juice, cool, and turn into deep pan which has been garnished with slices of hard-boiled egg and pickles sliced lengthwise. Put in the ice-box for several hours before serving.

159.—POTTED HEAD

1 calf's head
1 pound lean fresh pork
6 cups boiling water
1¾ teaspoons salt
½ teaspoon paprika
1 teaspoon onion juice
1 teaspoon poultry seasoning

Have head split and dressed at the market; singe, wash well, put in kettle with pork and boiling water, cover, and simmer three hours. Remove bones, and put meat through chopper; reduce stock to one and one-half cups, strain, and add, with seasonings, to the meat. Press into a bread pan and put in a cold place. Serve sliced cold, or dip slices in egg and crumbs, and fry in deep fat.

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160.—BRAISED LIVER

3 pounds liver
1½-inch cube salt pork
⅓ cup onion finely chopped
⅓ cup celery finely chopped
⅓ cup carrots finely chopped
½ teaspoon salt
⅛ teaspoon pepper
2 cups boiling water
¼ cup flour

Soak liver in cold salted water for half an hour, scald, remove skin, and dredge with flour; cut pork in thin slices, and try out in frying pan; brown liver in pork fat, and place in an earthen dish or kettle, add vegetables, seasonings, and water which has first been put in the frying pan; cover closely, and bake three hours in a slow oven, adding water if necessary; remove liver, and thicken gravy and vegetables with one-fourth cup of flour mixed to a paste with cold water.

161.—BROWN FRICASSEE OF LIVER

1 pound liver
2 cups boiling water
2 tablespoons bacon fat
1 tablespoon grated onion
4 tablespoons flour
¾ teaspoon salt
¼ teaspoon paprika
6 slices of toast

Cut liver into half-inch cubes, and soak in cold salted water fifteen minutes; drain; cover with the boiling water, and simmer six minutes; cook bacon fat, onion, and flour until brown; add seasonings, and stock in which liver was cooked; stir until smooth; add liver, and pour over toast or small, thin baking powder biscuit.

162.—CHICKEN LIVERS AND BACON

Cook chicken livers in boiling salted water fifteen minutes; put each liver on half of a slice of bacon, fold other half over liver, and bake in a hot oven until bacon is crisp;

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moisten slices of toast with the stock in which livers were cooked, and serve two pieces of bacon and livers on toast for each person.

163.—FRIED LAMB'S LIVER AND BACON

Cut liver in one-third-inch slices; soak in cold water for half an hour; drain, dry, and cook in hot deep fat, with six slices of bacon, until brown.

164.—LAMBS' KIDNEYS IN BROWN SAUCE

6 lambs' kidneys
1½ cups boiling water
1½ tablespoons butter
3 tablespoons flour
½ teaspoon salt
¼ teaspoon paprika
½ teaspoon onion juice
1 teaspoon Worcestershire sauce
Few drops kitchen bouquet
6 slices of toast

Split kidneys and soak in cold water half an hour; drain; cover with boiling water, and simmer five minutes; skim out of water, and cut in small dice; brown the butter, add the flour, and brown well; add the water in which the kidneys were cooked, and stir until smooth; add kidneys and seasonings, and serve on toast.

165.—DEVILLED KIDNEYS

6 lambs' kidneys, split
3 tablespoons drippings
1 tablespoon chopped onion
3 tablespoons flour
1 cup water or stock
1 tablespoon Worcestershire sauce
1 teaspoon mustard
¼ teaspoon salt
Dash of cayenne

Scald, skin, and split kidneys; cook with fat and onion five minutes, and remove from the pan. To the fat in the pan add flour, and stir until brown; add liquid, and

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stir until smooth; add seasonings and kidneys. Serve on toast or with mashed potato border.

166.—SPANISH TRIPE

1 pound fresh boiled tripe
½ can tomatoes
½ onion chopped
½ green pepper chopped
½ cup chopped white cabbage
¾ teaspoon salt
Few grains cayenne
2 slices bacon

Cut tripe in small pieces for serving and put in greased casserole dish; scald tomatoes, add onion, pepper, cabbage, and seasonings; pour over tripe; cut bacon into bits, put on top, and bake in a moderate oven one hour.

167.—TRIPE FRIED IN BATTER

1 pound fresh boiled tripe
1 slice onion
2 cloves
½ bay leaf
1 tablespoon vinegar
1 cup flour
1½ teaspoons baking powder
¼ teaspoon salt
1 egg well beaten
⅓ cup water

Cut tripe in pieces the size of a large oyster, cover with boiling water, add seasonings, simmer fifteen minutes, and drain. Make a batter of flour, baking powder, salt, egg, and water. Dry each piece of tripe, dip in batter, and fry in deep fat for one minute. Serve with Sauce Tartare (see No. 202) or Russian Dressing (see No. 341).

168.—TRIPE FRIED IN CRUMBS

Prepare tripe as for Tripe Fried in Batter (see No. 167); dip each piece of tripe first in tomato ketchup, then in crumbs, then in beaten egg, and then in crumbs again. Fry in deep fat for one minute, and drain on soft paper.

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WARMED-OVER MEATS

169.—SAVORY BEEF

1½ cups tomatoes
⅛ cup beef gravy
½ onion
4 cloves
1 teaspoon salt
⅛ teaspoon pepper
1½ cups cold roast beef
2 cups cooked spaghetti
½ cup bread crumbs
2 tablespoons beef drippings
1 tablespoon butter

Simmer tomatoes, gravy, and seasonings for fifteen minutes, and press through a sieve; add beef cut in small pieces, and spaghetti, and pour into a greased baking dish; cover with crumbs which have been mixed with the drippings and butter melted together. Bake in a moderate oven about fifteen minutes. A can of condensed tomato soup may be used in place of the tomato sauce. Any meat may be used.

170.—SCALLOPED CORNED BEEF

2 tablespoons beef drippings
5 tablespoons flour
1 teaspoon grated onion
¼ teaspoon paprika
¼ teaspoon celery salt
1 cup corned beef stock
¾ cup hot milk
1½ cups corned beef cut in half-inch cubes
½ cup Buttered Crumbs (see No. 472)

Melt drippings, add flour, onion, and seasonings, and cook two minutes; add stock and milk, and stir until smooth; add meat, and put into a greased baking dish; cover with crumbs, and bake until crumbs are brown.

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171.—BAKED HAM AND POTATO

3 cups well-seasoned mashed potato
1 cup chopped cooked ham
1 teaspoon grated onion
1 teaspoon chopped parsley
½ teaspoon mustard
6 pimolas chopped
½ cup hot milk
¼ cup crumbs
1 tablespoon bacon fat

Mix potato, ham, seasonings, and milk, put into a greased baking dish, cover with crumbs which have been mixed with melted bacon fat, and bake in a hot oven until brown; or prepare half of mixture, spread in egg shirrers, make a depression with the back of a spoon, and into it carefully break an egg; cover with crumbs, and bake until egg is set.

172.—HAM MOUSSE

1½ cups chopped cooked ham
½ cup soft bread crumbs
1 tablespoon gelatine
1 cup hot milk
1 teaspoon mixed mustard
¼ teaspoon paprika
Whites of 2 eggs

Mix ham with bread crumbs; dissolve the gelatine in the hot milk, and add to crumbs with mustard and paprika; beat the whites of eggs very stiff and fold lightly into mixture. Put into a deep pan or mold, and place on ice until firm. A little salt may be needed.

173.—CORNED BEEF HASH WITH BEETS

1½ cups corned beef
2 cups cooked potatoes
½ cup cooked beets
1 teaspoon grated onion
2 tablespoons beef drippings
¾ teaspoon salt
1 teaspoon Worcestershire sauce
¼ cup stock or water

Have meat, potatoes, and beets coarsely chopped; add seasonings and stock; melt fat in frying pan, and, when

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very hot, add hash; cook slowly until a rich brown crust is formed; fold, and serve on a hot platter. If meat is very fat, use less fat in frying pan.

174.—SAVORY HASH (Baked)

1 cup cold meat cut fine
2 cups cold cooked potatoes
½ onion finely chopped
2 stalks celery chopped, or ¼ teaspoon celery salt
1 cup tomatoes
¾ teaspoon salt
⅛ teaspoon pepper
2 tablespoons melted bacon fat or beef drippings

Mix, and bake in casserole in moderate oven forty-five minutes.

175.—SOUTHERN HASH

4 raw potatoes
2 green peppers
2 tomatoes
1 onion
¾ cup stock or water
1½ cups cold chopped beef
Salt and pepper
Toast points

Put vegetables through the meat chopper, using coarse cutter; cook in the stock, covered, until tender; add beef, salt, and pepper, and when hot turn on a platter and garnish with toast points. If corned beef and stock are used, use salt with care.

176.—LIVER PATTIES

2 cups chopped cooked liver
2 cups mashed potato
2 tablespoons finely chopped pickles
Salt and pepper
Coarse stale bread crumbs

Mix liver, potato, and pickles, and season with salt and pepper. Grease patty pans or cups; sprinkle with crumbs, and fill with mixture. Bake fifteen minutes in

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a hot oven, turn out on serving dish, and serve with Brown Sauce (see No. 185) or Tomato Sauce (see No. 203).

177.—MEAT AND TOMATO PIE

2 cups cooked meat cut in inch pieces
1 can tomatoes drained
Salt and pepper
¼ cup fine crumbs
½ cup gravy or stock
½ teaspoon onion juice
1 teaspoon Worcestershire sauce
Quick Drop Biscuit (see No. 429)

In a deep dish arrange in alternate layers meat and tomatoes cut in pieces; season each layer with salt and pepper, and sprinkle with crumbs; add onion and Worcestershire sauce to gravy, and pour over all; bake twenty minutes in a hot oven; remove from oven, and drop biscuit mixture by spoonfuls on top; bake about fifteen minutes longer. Use tomato juice for soup or sauce.

178.—MEAT SOUFFLÉ

½ cup dry bread crumbs
1½ cups hot stock or milk
1 tablespoon butter
1½ cups chopped meat
1 cup celery or white cabbage chopped fine
½ onion chopped fine
1½ teaspoons salt
½ teaspoon paprika
Yolks of 2 eggs
Whites of 2 eggs

Mix in the order given, beating the yolks until thick and light, and the whites until very stiff. Bake in a moderate oven about half an hour. Any left-over meat may be used.

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179.—MEAT SHORTCAKE

1½ cups cooked meat chopped
½ cup celery tops chopped
1 teaspoon grated onion
¼ teaspoon salt
¼ teaspoon paprika
½ teaspoon dry mustard
1 cup meat gravy or thickened stock

Mix ingredients, simmer for fifteen minutes, and put between layers of Shortcake (see No. 441).

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CHAPTER X

SAUCES AND STUFFINGS FOR FISH AND MEATS

180.—ANCHOVY SAUCE

Add to Drawn Butter (see No. 194) one and one-half teaspoons of anchovy paste and one tablespoon of lemon juice.

181.—BANANA SAUCE

2 bananas
1 tablespoon butter
1 teaspoon sugar
Juice of ½ lemon
Few grains cayenne
Few grains salt
2 teaspoons Worcestershire sauce
1 teaspoon horseradish

Peel and scrape bananas, and force through coarse sieve; melt butter, add sugar, lemon juice, seasonings, and bananas; stir until hot, and serve with cold roast beef.

182.—BECHAMEL SAUCE

1 cup white stock
1 slice onion
1 slice carrot
Sprig of parsley
1 tablespoon shortening
2½ tablespoons flour
½ teaspoon salt
Few grains cayenne
1 teaspoon butter

Simmer stock, onion, carrot, and parsley fifteen minutes, and strain; melt shortening, add flour, and blend well; add stock and seasoning, and stir until smooth; add butter just before serving.

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183.—BLACK BUTTER

⅛ cup butter
2 tablespoons vinegar
¼ teaspoon onion juice
¼ teaspoon Worcestershire or Brand's A 1 sauce

Cook butter until brown, but do not burn; simmer vinegar, onion juice, and sauce five minutes, and add to butter. Serve with cauliflower, celery, fried eggs, or fish. A tablespoon of chopped capers or parsley may be added.

184.—BREAD SAUCE

1½ cups milk
½ onion
2 cloves
Bit of bay leaf
Sprig of parsley
¼ teaspoon paprika
½ teaspoon salt
⅓ cup soft bread crumbs

Scald milk and seasonings, except salt, in double boiler half an hour, strain, add salt and soft crumbs, and simmer ten minutes.

185.—BROWN SAUCE

1 cup brown stock
1 slice onion chopped
1 slice carrot chopped
1 sprig parsley
2 cloves
¼ teaspoon salt
⅛ teaspoon pepper
1½ tablespoons butter
2½ tablespoons flour

Simmer stock, vegetables, and seasonings for fifteen minutes, and strain; brown the butter, add flour, and brown, add stock, and beat until smooth. Any stock may be colored with a few drops of kitchen bouquet, and used; or beef cubes or extract may be used with water instead of stock, but in that case less salt and pepper should be used.

186.—CAPER SAUCE

To recipe for Drawn Butter (see No. 194) add one-fourth cup of capers.

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187.—CELERY SAUCE

1 cup celery chopped
1 teaspoon grated onion
1 cup boiling water
¼ teaspoon salt
⅛ teaspoon pepper
½ cup milk
1 tablespoon butter
2 tablespoons flour

Simmer celery, onion, water, and salt for half an hour; add pepper and milk, and thicken with butter and flour creamed together.

188.—CHEESE SAUCE

1 tablespoon butter
1½ tablespoons flour
1 cup milk
⅓ cup cheese cut fine
¼ teaspoon salt
¼ teaspoon mustard
¼ teaspoon paprika

Melt butter, add flour, and blend well; add milk and stir until smooth; add cheese and seasonings, and stir until cheese is melted.

189.—CHEESE SAUCE WITH CHIVES

Follow directions for Cheese Sauce (see No. 188), and just before serving add one tablespoon of finely chopped chives. Serve with any white fish, or with plain omelet.

190.—CIDER SAUCE

2 tablespoons bacon fat
2 tablespoons flour
1 cup cider
¼ teaspoon paprika
⅛ teaspoon salt
⅛ teaspoon mustard

Blend bacon fat and flour, add cider, and stir until boiling point is reached; add seasonings and simmer one-half hour. Serve with roast pork or ham.

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191.—CREOLE SAUCE

½ can tomatoes
2 tablespoons bacon fat
½ onion
1 green pepper
1 tablespoon flour
¼ teaspoon salt
1 teaspoon Worcestershire sauce

Cook tomatoes until reduced to one cup; peel and finely chop onion; remove seeds and veins from pepper, chop, and cook with onion in bacon fat for ten minutes; add flour, salt, and Worcestershire sauce, and stir well; add tomato, and simmer five minutes.

192.—CROQUETTE SAUCE

3 tablespoons shortening
⅓ cup bread flour
1 cup milk
¼ teaspoon salt
⅛ teaspoon pepper

Proceed as for White Sauce (see No. 207). Stock may be used in place of milk, and the seasonings may be varied according to the croquette material, using a few drops of onion juice, a dash of nutmeg, cayenne, paprika, or a small quantity of table sauce or ketchup.

193.—CUCUMBER SAUCE

Pare and grate two small cucumbers, drain, and season with salt, pepper, and vinegar. Serve with fish.

194.—DRAWN BUTTER

2 tablespoons butter
2 tablespoons flour
1 cup hot water
¼ teaspoon salt
⅛ teaspoon pepper
1 teaspoon butter

Cook butter until it bubbles, stir in flour, add hot water, salt, and pepper, and beat until smooth; add butter in small pieces just before serving.

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195.—EGG SAUCE

Add to Drawn Butter (see No. 194) or White Sauce (see No. 207) one hard-cooked egg coarsely chopped.

196.—HOLLANDAISE SAUCE

¼ cup butter
1 tablespoon flour
½ teaspoon salt
Few grains cayenne
½ cup hot water
1 egg yolk
1 tablespoon lemon juice

Cream half of the butter with flour, salt, and cayenne; add hot water, and cook over hot water for ten minutes, stirring constantly until thickened; add egg yolk slightly beaten, lemon juice, and remainder of butter; cook about two minutes, or until thick; beat well, and serve at once.

197.—HORSERADISH SAUCE

To recipe for Bread Sauce (see No. 184) add one-third cup grated horseradish and the juice of half a lemon.

198.—MINT SAUCE

1 bunch mint
¼ cup boiling water
¼ cup vinegar
2 tablespoons sugar
¼ teaspoon salt
Few grains cayenne

Wash and dry mint, pick leaves, and chop very fine, add other ingredients, put on back of range, and keep warm for half an hour.

199.—MUSHROOM SAUCE

Wash six mushroom caps, cut in small pieces, and simmer with one teaspoon of butter for ten minutes. Add to recipe for Brown Sauce (see No. 185), or to recipe for White Sauce (see No. 207). If the mushrooms are fresh and tender the stems may be used also.

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200.—MUSTARD PICKLE SAUCE

To Drawn Butter (see No. 194) add two tablespoons of mixed mustard pickles chopped.

201.—ORANGE MINT SAUCE

¼ cup vinegar
¼ cup orange juice
¼ teaspoon orange rind
1 tablespoon sugar
¼ cup mint leaves chopped

Let stand on back of range for half an hour, and serve cold.

202.—SAUCE TARTARE

To one cup Mayonnaise Dressing (see No. 339) add three tablespoons finely chopped mixed pickles and one tablespoon finely chopped parsley.

203.—TOMATO SAUCE

1½ cups tomatoes
½ cup hot water
1 slice onion
1 clove
1 teaspoon sugar
½ teaspoon salt
¼ teaspoon paprika
2 tablespoons bacon fat
4 tablespoons flour

Simmer tomatoes, water, and seasonings for fifteen minutes, and press through a sieve; thicken with bacon fat and flour blended together, and cook five minutes. If tomatoes are very acid, add a pinch of soda.

204.—SAUCE FOR ROAST PORK OR GOOSE

Pour off most of fat in the pan, leaving two tablespoons; add three tablespoons of flour and one and a half cups of boiling water, and stir until smooth. Season with one-third teaspoon salt and one teaspoon each of mixed mustard, vinegar, and Brand's A 1 sauce.

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205.—SHARP SAUCE

1½ cups vinegar
1 tart apple chopped fine
1 onion chopped fine
¼ teaspoon salt
½ teaspoon paprika
1½ teaspoons Worcestershire sauce
1½ cups brown sugar
1½ teaspoons cornstarch

Heat vinegar, add apple, onion, and seasonings; when boiling stir in the sugar and cornstarch mixed together; cook fifteen minutes. Serve cold with ham or pork.

206.—SOUBISE SAUCE

Follow recipe for White Sauce (see No. 207), and add one-fourth cup of stock, and three onions which have been cooked until tender in boiling salted water and then drained and chopped.

207.—WHITE SAUCE

2 tablespoons shortening
2 tablespoons flour
1 cup milk
¼ teaspoon salt
⅛ teaspoon pepper

Melt shortening, add flour, and stir until well blended; add milk and seasonings, and beat with wire whisk until smooth. For a thin sauce, use one and one-half tablespoons flour.

208.—BREAD STUFFING

¼ cup beef drippings or bacon fat
1 teaspoon grated onion
2 cups soft stale bread crumbs
½ teaspoon salt
¼ teaspoon pepper
2 teaspoons poultry seasoning
½ cup boiling water

Melt fat in the frying pan, add onion and crumbs, and stir until crumbs begin to brown; add seasonings and boiling water; cool slightly before using.

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209.—CRUST STUFFING

3 cups bread crusts broken and dried in oven
½ teaspoon salt
¼ cup sausage fat
1 cup boiling water
1 tablespoon grated onion
¼ teaspoon pepper
1 tablespoon poultry seasoning

Put crusts in a bowl, add salt, sausage fat, and boiling water; let stand ten minutes; mix well, and add seasonings.

210.—FISH STUFFING (Bread)

2 tablespoons shortening
1 cup soft stale bread crumbs
¼ teaspoon salt
⅛ teaspoon pepper
1 teaspoon grated onion
1 teaspoon chopped parsley
1 tablespoon chopped pickles
¼ cup boiling water

Melt shortening, add crumbs, and stir until crumbs are golden brown, then add seasonings and water. The pickles may be omitted, or capers may be used in place of them.

211.—PEANUT STUFFING

1 cup dried bread crumbs
⅔ cup boiling water
2 tablespoons bacon fat
¾ cup shelled peanuts
½ teaspoon salt
¼ teaspoon paprika
1 teaspoon grated onion

Mix bread crumbs with boiling water and bacon fat, add peanuts finely chopped, and seasonings.

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CHAPTER XI

EGGS

212.—BOILED EGGS

For a soft-boiled egg, place egg in rapidly boiling water and boil from three to five minutes. For hard-boiled eggs, place in rapidly boiling water and boil twenty minutes, or cover with boiling water and cook in the double boiler one hour. For a soft-cooked egg, not boiled, place egg in a small saucepan of boiling water, cover, and let stand on back of range from six to eight minutes, when the albumen should be evenly coagulated throughout. The time for cooking in this way will depend upon the number of eggs to be cooked, the size of the saucepan, and the amount of boiling water. For uniform results, use medium-sized eggs, cook in the same pan, and measure the quantity of water each time. Thus you can find the exact time required to cook the eggs as desired.

213.—CREAMY EGGS ON TOAST

4 eggs	2 cups hot milk
⅔ teaspoon salt	1 teaspoon butter
⅛ teaspoon pepper	4 slices toast

Beat eggs slightly, add salt and pepper, and stir into the hot milk; cook over hot water, stirring constantly until mixture is thick and creamy. Add butter, and serve on toast.

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214.—CREOLE EGGS

1 tablespoon butter
1 tablespoon chopped onion
1 tablespoon chopped green pepper
2 cups tomato
1 teaspoon salt
1 teaspoon Worcestershire sauce
3 eggs
2 tablespoons cheese

Cook onion and pepper in butter for five minutes; add tomato and seasonings, and when thoroughly heated add the eggs unbeaten; pick up with a fork until eggs are nearly cooked; add cheese, and cook about one minute. Serve on toast, or with a border of boiled rice.

215.—EGGS WITH CHEESE AND SPAGHETTI

2½ tablespoons butter
4 tablespoons flour
2 cups hot milk
¼ teaspoon paprika
½ teaspoon salt
1 teaspoon Worcestershire sauce
½ teaspoon onion juice
½ cup cheese cut fine
1 cup cooked spaghetti
3 hard-cooked eggs sliced

Melt butter, add flour; when well blended add milk gradually and stir until smooth; add seasonings and cheese, and stir until cheese melts; add spaghetti and eggs, cook two minutes, and serve on toast or crackers.

216.—EGGS WITH HAM AND TOMATO

½ can tomatoes
1 slice onion
4 cloves
½ cup chopped cooked ham
3 beaten eggs
⅛ teaspoon pepper
½ teaspoon salt

Cook tomatoes, onion, and cloves fifteen minutes, and rub through a sieve; add ham, eggs, and seasonings, and cook three or four minutes, stirring all the time. Serve on toast or crackers.

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217.—BREAD OMELET

2 tablespoons bacon fat
¾ cup soft stale bread crumbs
¾ cup hot milk
½ teaspoon salt
¼ teaspoon paprika
3 eggs

Melt fat in frying pan, add bread crumbs, and stir until crumbs begin to brown; add hot milk, and let stand five minutes; add salt and paprika, and the yolks beaten until thick and light; fold in the stiffly beaten whites, pour into a hot greased omelet pan, and cook the same as Light Omelet (see No. 222).

218.—CREAMY OMELET

3 eggs
1 cup White Sauce (see No. 207)
⅓ teaspoon salt
⅛ teaspoon pepper

Beat yolks until thick and light; add to sauce and mix well; add salt and pepper to whites of eggs, beat until stiff and dry, and fold into sauce; pour into a hot greased omelet pan, and cook slowly until well risen and firm; put on oven grate for a minute or two to dry the top; fold, and turn on a hot platter.

219.—FRENCH OMELET

1 tablespoon butter or bacon fat
4 eggs
½ teaspoon salt
⅛ teaspoon pepper
⅓ cup hot water

Heat fat in the omelet pan; beat the eggs until yolks and whites are well mixed, but not light; add seasonings and hot water, pour into hot pan and cook slowly; pick up with fork while cooking, letting the uncooked mixture run into the place of the cooked; when firm and lightly browned, fold double, and serve plain on a hot platter;

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or spread before folding with left-over bits of meat chopped, such as ham, bacon, or sausage, or with grated cheese or jelly.

220.—FRENCH CHEESE OMELET

4 eggs slightly beaten
½ teaspoon salt
⅛ teaspoon pepper
½ cup hot water
½ cup grated cheese

Mix in order given, pour into a hot greased omelet pan; as mixture thickens, pick up with a fork, letting the uncooked part take the place of the cooked; when firm, fold, and serve on a hot platter.

221.—HAM OMELET

½ cup stale bread crumbs
½ cup hot milk
1 tablespoon butter
½ teaspoon salt
⅛ teaspoon pepper
3 eggs
½ cup cooked ham finely chopped

Mix crumbs, milk, butter, and seasonings, and let stand five minutes; add egg yolks beaten until thick and light; add the meat, and fold in the whites of eggs beaten stiff; pour into a hot greased omelet pan and cook slowly until firm; fold, and serve at once. A white sauce or tomato sauce may be served around it. A few pieces of cooked bacon chopped fine may be used instead of ham.

222.—LIGHT OMELET

1 tablespoon bacon fat
Yolks of 4 eggs
½ teaspoon salt
⅛ teaspoon pepper
⅓ cup hot water
Whites of 4 eggs

Put fat in omelet pan; beat yolks until light and thick, add seasonings and hot water; fold in the stiffly beaten whites, and pour into the hot omelet pan; cook slowly until well risen and firm, or about twelve minutes, placing

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the pan on the upper grate in the oven for the last two minutes. When firm in the center, fold double, turn on a hot platter, and serve at once, either plain or with sauce. The omelet must be cooked slowly so that it will be firm throughout, and not fall.

White Sauce (see No. 207), either plain or with bits of cold meat, oysters, peas, or other left-over vegetables, or Brown Sauce (see No. 185) with a few mushrooms or chopped kidneys (see No. 164), or almost any savory sauce, improves an omelet, and also makes it go further.

223.—SALMON OMELET

1 tablespoon butter
2 tablespoons flour
½ cup milk
½ teaspoon salt
½ can salmon
2 eggs

Melt butter, stir in flour, add milk, and stir until smooth; add salt; rinse salmon with hot water; flake, and add to sauce; beat yolks of eggs until light and thick, and add to sauce; fold in whites of eggs beaten very stiff. Pour into a hot greased omelet pan, and cook slowly until well risen and firm; finish cooking on top grate of oven for a minute or two; fold, and serve on a hot platter.

224.—SCALLOPED EGGS WITH CHEESE

4 hard-cooked eggs
2 cups White Sauce (see No. 207)
½ cup cheese cut fine
½ cup Buttered Crumbs (see No. 472)

Cut eggs in eighths lengthwise; put half of them into a greased baking dish, cover with half of sauce, and sprinkle with half of cheese; repeat; cover with crumbs, and bake about fifteen minutes, or until crumbs are brown. Bacon or sausage fat may be used in making the white sauce.

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225.—SCRAMBLED EGGS WITH SAUSAGES

4 small sausages
3 eggs
¼ teaspoon salt
⅓ cup water

Cut sausages in half-inch bias pieces, and cook in a frying pan until brown; beat eggs until light, add salt and water, pour over sausages, and scramble until firm. Garnish with toast points and parsley.

226.—SCRAMBLED EGGS WITH TOMATO

½ can condensed tomato soup
⅛ teaspoon soda
4 eggs slightly beaten
6 slices buttered toast

Heat soup in an omelet pan; add soda, and stir while foaming; add eggs, scramble slowly with a fork until firm, and serve on toast. Garnish with toast points.

227.—SHIRRED EGGS

Grease individual egg shirrers or a platter which can be put in oven; cover bottom of dish with white sauce or left-over gravy, sprinkle with left-over vegetables or bits of meat chopped; carefully break an egg into dish for each person, dust with salt and pepper; sprinkle with buttered crumbs, and bake in a moderate oven until egg is set.

228.—SHIRRED EGGS WITH HAM

1 cup finely chopped cooked ham
1 cup soft bread crumbs
½ cup milk
½ cup Buttered Crumbs (see No. 472)
4 eggs
Salt and pepper

Mix ham, soft crumbs, and milk, and spread in four buttered egg shirrers; make a hollow in the middle, break an egg into it, season lightly with salt and pepper, cover with buttered crumbs, and bake until egg is set.

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229.—SOUFFLÉED EGG WITH HAM TOAST

For each person cut a round of bread three inches in diameter; spread with finely chopped ham moistened with milk, stock, or gravy; add a few grains of salt to the white of an egg, and beat very stiff; mound on ham, make a depression in the center, put in the yolk, dust lightly with salt and pepper, and bake in a moderate oven until egg is firm. When several pieces of toast are to be made, keep the yolks in separate dishes until needed, but beat the whites together.

230.—SHIRRED EGGS WITH POTATO AND HAM

See recipe for Baked Ham and Potato (No. 171).

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CHAPTER XII

CHEESE AND NUTS

231.—CHEESE CROUSTADES

1½ cups cheese cut fine
¼ teaspoon salt
¼ teaspoon mustard
¼ teaspoon paprika
1 teaspoon Brand's A 1 sauce
3 tablespoons milk or cream

Mix in order given; fill Croustades (see No. 473), and put in a hot oven until cheese melts. Serve immediately, before cheese toughens.

232.—CHEESE CUSTARD

1 cup soft bread crumbs
1 cup cheese cut fine
¼ teaspoon mustard
½ teaspoon paprika
¼ teaspoon salt
⅛ teaspoon soda
1 egg slightly beaten
1 cup hot milk

Mix in order given, turn into a greased baking dish, and bake in a slow oven twenty-five minutes.

233.—CHEESE FONDUE

½ cup dried bread crumbs
¾ cup boiling water
1 tablespoon butter
1 cup cheese cut fine
⅓ teaspoon salt
⅓ teaspoon paprika
1 teaspoon mustard
½ cup milk
Yolks of two eggs
Whites of two eggs

Mix in the order given, beating the yolks until thick and light, and the whites until very stiff; pour into a greased baking dish, bake twenty-five minutes in a slow oven, and serve at once.

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234.—COTTAGE CHEESE

1 quart thick sour milk
1 quart boiling water
½ tablespoon soft butter
⅓ teaspoon salt

Put milk in a large bowl, add boiling water, and let stand five minutes; pour into cheesecloth bag, and drain over night or for several hours. Mix cheese with butter and salt, press into a small bowl, and chill. A sweet red pepper (canned) may be pressed through a sieve and mixed with cheese.

235.—CRACKERS AND CHEESE BAKED IN MILK

Split butter crackers, spread with butter and grated cheese, sprinkle with salt and pepper, put in a buttered baking dish, cover with milk, and bake about twenty minutes in a moderate oven.

236.—CHEESE PASTE

½ pound American cheese
1 cake cream cheese
2 pimientos
2 teaspoons Worcestershire sauce
¼ teaspoon salt
¼ cup cream

Chop American cheese and pimientos, using the finest cutter in the food chopper; add cream cheese and seasonings, and blend with cream until smooth.

237.—BAKED RICE WITH CHEESE

2 cups cooked rice
¾ cup grated cheese
⅓ teaspoon salt
⅛ teaspoon pepper
¾ cup hot milk

Arrange rice and cheese in layers in a greased baking dish; sprinkle with salt and pepper, cover with milk, and bake in a moderate oven about fifteen minutes.

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238.—SCALLOPED TOAST AND CHEESE

4 slices of toast
1 cup cheese cut fine
1½ cups milk
1 egg beaten
¼ teaspoon salt
¼ teaspoon mustard

Butter toast, cut each slice into four pieces, and arrange in a baking dish in layers sprinkled with cheese; mix milk, egg, and seasonings, pour over toast, and let stand fifteen minutes. Bake in a moderate oven about twenty minutes.

239.—TOMATO RAREBIT

1 can condensed tomato soup
½ cup soft bread crumbs
½ pound cheese cut fine
¼ teaspoon mustard

Heat soup, add bread crumbs, cheese, and mustard; stir until cheese melts, and serve on toast or crackers.

240.—WELSH RAREBIT

1 tablespoon butter
1 tablespoon flour
1 cup hot milk
½ pound cheese cut fine
½ teaspoon mustard
¼ teaspoon paprika
¼ teaspoon salt
⅛ teaspoon soda
Dash of cayenne
1 beaten egg

Melt butter, add flour, and when well mixed add milk, and stir until smooth; add cheese and seasonings, and cook until cheese is melted; add egg, cook two or three minutes, and serve on hot toast or crisp pilot crackers. The egg may be omitted.

241.—SALTED ALMONDS

1 cup almonds (shelled)
1 tablespoon butter
1 teaspoon salt

Cover almonds with boiling water and let stand on back of range for ten minutes; slip off the skins, and dry for

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several hours, or over night; melt butter, add almonds and salt, and mix well; spread in a dripping pan, and bake in a slow oven fifteen or twenty minutes, stirring occasionally. When prepared in this way nuts will keep crisp.

242.—PEANUT BUTTER

2 quarts lightly roasted peanuts
1 teaspoon salt
Cream or melted butter

Remove shells and skins of peanuts, and put through the food chopper twice, using first a coarse cutter, and then the finest cutter; add salt, and enough cream or melted butter to make a smooth paste.

243.—TO SHELL CHESTNUTS

Cover with boiling water, boil ten minutes, drain, and cover with cold water. Remove the shell with a knife, beginning at top of nut. The inner skin will come off with the shell.

244.—BAKED CHESTNUTS

1 pint chestnuts
1½ cups hot ham stock
1 tablespoon butter
⅛ teaspoon pepper

Shell chestnuts, put in baking dish with stock, butter, and pepper; cover, and bake in hot oven about half an hour, or until soft; remove cover, and brown. If stock is very salt, dilute with water or milk.

245.—CELERY, NUT, AND POTATO LOAF

2 cups celery cut in half-inch pieces
½ cup chopped nut meats
2 cups hot mashed potato
2 tablespoons butter
1 egg slightly beaten
1 teaspoon salt
½ teaspoon paprika
1 teaspoon grated onion

Cook celery in boiling salted water about half an hour, or until tender, and drain; add other ingredients in order

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given; mix well; pack in deep greased pan, and bake in a moderate oven about half an hour. Turn out on platter, and serve with Creole Sauce (see No. 191) or Tomato Sauce (see No. 203).

246.—NUT LOAF

2 cups soft stale bread crumbs
1 cup nut meats finely chopped
1 teaspoon salt
½ teaspoon poultry seasoning
¼ teaspoon paprika
1 egg slightly beaten
3 tablespoons sausage fat or butter
½ cup boiling water

Mix in order given; pack in a deep greased pan, and bake in a moderate oven half an hour. Turn out on platter, and serve with Cheese Sauce (see No. 188).

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CHAPTER XIII

VEGETABLES [1]

247.—BOSTON BAKED BEANS

1 quart pea beans	¼ teaspoon soda
1 tablespoon salt	¼ cup molasses
1 teaspoon dry mustard	½ pound fat salt pork

Soak beans in cold water over night; drain, cover with cold water, heat to boiling point, and simmer until beans are very tender but not broken; place in an earthen bean pot, add seasonings and pork (which has been scalded, scraped, and scored in half-inch squares); fill pot with boiling water, cover, and bake slowly for eight hours. Uncover for the last hour. Replenish water as needed.

248.—THICK PURÉE OF BLACK BEANS

2 cups beans	¼ teaspoon mustard
1 onion	½ teaspoon salt
1 carrot	⅛ teaspoon pepper
½ bay leaf	3 tablespoons bacon fat

1 quart boiling water

Soak beans over night in cold water; drain, add seasonings, bacon fat, and water, and simmer two hours; remove onion, carrot, and bay leaf, and press through a sieve. Beat well, and serve with lamb or mutton.

[1] For cooking common vegetables for which recipes are not given in this chapter, see Time Table for Cooking (page 240).

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249.—LIMA BEAN LOAF

1 cup dried Lima beans
1 onion
1 carrot
1 cup dried sifted crumbs
1 teaspoon salt
¼ teaspoon mustard
½ teaspoon paprika
1 egg slightly beaten
2 tablespoons sausage fat or butter
½ cup boiling water
6 pimolas

Soak beans over night in cold water, and drain; cover with boiling water, add onion and carrot, and cook until beans are tender; drain, and put through the food chopper with carrot and onion; add crumbs, seasonings, egg, and sausage fat melted in boiling water; add pimolas cut in small pieces, mix well, pack in a greased bread pan, and bake in a moderate oven half an hour. Serve with Tomato Sauce (see No. 203).

250.—BAKED CABBAGE

Cut a small white cabbage in inch pieces, soak in cold water half an hour, and drain; parboil ten minutes, place in greased baking dish, cover with one cup of White Sauce (see No. 207), and one-half cup of Buttered Crumbs (see No. 472); bake in a moderate oven half an hour.

251.—CABBAGE COOKED IN MILK

Put a small white cabbage through the food chopper, using the coarse cutter; soak in cold water half an hour, drain, cover with equal parts of milk and water, and cook uncovered about twenty-five minutes, or until cabbage is tender. Season with salt and pepper.

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252.—BRAISED CELERY

1 quart celery cut in 2-inch lengths
2 tablespoons bacon fat
1 tablespoon grated onion
2 tablespoons flour
2 cups stock

Cook celery, bacon fat, and onion in the frying pan for ten minutes; dredge with flour, put in baking dish, add stock (first rinsing frying pan with a little of it), cover, and bake in a moderate oven an hour and a half. Serve on toast. Add salt to stock if necessary.

253.—CREAMED CELERY ROOT (Celeriac) WITH CHEESE

Peel celery root, cut in half-inch cubes, and cook until tender in boiling salted water, to which a tablespoon of vinegar has been added. To three cups of root add one and one-half cups of White Sauce (see No. 207); put into a baking dish, sprinkle with a third of a cup of grated cheese, and place in a hot oven until cheese melts. Celery may be used in place of celery root.

254.—SOUTHERN CORN PUDDING

1 tablespoon bacon fat
½ green pepper chopped
1 slice onion chopped
1 can corn chopped
2 tablespoons dried bread crumbs
1 egg well beaten
1 cup milk
½ teaspoon salt
¼ teaspoon paprika
2 slices bacon chopped fine

Cook pepper and onion in bacon fat five minutes; add corn, crumbs, egg, milk, and seasonings; pour into a greased baking dish, sprinkle with the chopped bacon, and bake in a slow oven until firm, or about twenty-five minutes.

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255.—CUCUMBERS SAUTÉED

Peel two cucumbers, cut in halves crosswise, slice in one-third-inch slices lengthwise, and soak in salted water for one hour; drain, dry, dip in flour seasoned with salt and pepper, and sauté in hot fat until brown. Serve on toast.

256.—CARROTS SAUTÉED

Select very small carrots; wash, scrape, and cook until tender in boiling salted water. Drain, dredge with flour, and sauté in fat until brown.

257.—CARROTS VINAIGRETTE

4 cups carrots cut in half-inch cubes
½ cup vinegar
¾ cup brown sugar
1 tablespoon shortening

Cook carrots in boiling salted water until tender, and drain; heat vinegar, sugar, and shortening to the boiling point, add carrots, and cook slowly half an hour, stirring occasionally.

258.—BAKED EGG PLANT

1 small egg plant
1 onion finely chopped
1 cup soft stale bread crumbs
1 teaspoon salt
¼ teaspoon paprika
½ cup boiling water
2 tablespoons butter

Pare and slice egg plant, cut into half-inch cubes, soak in cold salted water half an hour, and drain; mix with onion, crumbs, and seasonings, and put into a greased baking dish; add boiling water, dot over with butter, and bake one hour in a moderate oven.

259.—FRIED EGG PLANT

Cut a small egg plant in one-third-inch slices; pare; cut each slice in quarters; soak in cold salted water for

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half an hour; drain; season with pepper and salt, dip in crumbs, then in egg, and then in crumbs again; and fry in deep fat about three minutes. Or dip in flour and sauté in butter.

260.—EGG PLANT JULIENNE

Cut egg plant in two-inch slices, and pare; cut into quarter-inch vertical slices, and cut slices into quarter-inch strips; soak in cold salted water for half an hour; drain; dry, and fry in deep fat about three minutes.

261.—CREAMED LEEKS

Cut off tops of two bunches of leeks, and soak in cold water ten minutes; drain, and cook in boiling salted water about twenty minutes, or until tender; drain, and serve with White Sauce (see No. 207). The tops may be used for flavoring soups.

262.—ONIONS IN POTATO NESTS

1 quart small white onions
1 tablespoon butter
6 potatoes
⅓ teaspoon salt
⅛ teaspoon pepper
1 tablespoon butter
¼ cup hot milk
1 tablespoon chopped parsley

Peel onions and cook in boiling salted water about one hour, or until tender; drain, and add butter. Pare, boil, and mash potatoes, season with pepper and salt, add butter and hot milk, and beat until light; shape potato into small nests with a spoon, or force through a bag and a rose tube. Fill with onions and sprinkle with parsley.

263.—GREEN PEAS (Canned)

Remove from can and rinse with cold water; put in saucepan, cover with cold water, bring to boiling point,

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and drain. Season with one-half teaspoon salt, one-fourth teaspoon pepper, one tablespoon butter, and two tablespoons of milk.

264.—PEAS AND LETTUCE

1 head lettuce
½ cup stock or water
¾ teaspoon salt
⅛ teaspoon pepper
1 teaspoon sugar
1 tablespoon butter
1 tablespoon flour
1 can peas
1 sprig mint

Wash lettuce, drain, and chop; add stock and salt, and simmer half an hour; add pepper and sugar, and thicken with butter and flour blended together; add peas drained from their liquor, and mint, and simmer ten minutes. Remove mint before serving.

265.—STUFFED GREEN PEPPERS

6 green peppers
2 tablespoons bacon fat
1 teaspoon grated onion
1 cup cooked rice
½ cup tomatoes
½ teaspoon salt
¼ cup buttered crumbs

Cut off one inch of the tops of peppers, and chop the tops; remove seeds and veins from peppers, scald with boiling water, and drain; cook chopped pepper with onion in the bacon fat for five minutes; add rice, tomatoes, and salt; fill peppers, cover with crumbs, place in a baking dish or in individual ramekins, and bake in a moderate oven half an hour.

266.—BOILED POTATOES

Wash potatoes, pare as thin as possible, remove the eyes, and soak in cold water from fifteen minutes to one hour, according to the age of the potato; cook in boiling

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salted water about half an hour, or until tender, allowing one tablespoon of salt to two quarts of boiling water. Drain, and dry on the back of the range or in the front of the oven with the door open. Serve very hot in an uncovered dish.

267.—BAKED POTATOES

Select medium-sized potatoes, scrub well, place in tin pan, and bake in a hot oven for about forty minutes.

268.—CREAMED POTATOES

2 cups raw potato balls or half-inch cubes
1 slice onion
1 cup White Sauce (see No. 207)
1 teaspoon finely chopped parsley

Cook potatoes with the onion in boiling salted water until tender; drain; remove the onion, mix with sauce, and sprinkle with parsley. If potato balls are used, cover unused potato with water and save for soup.

269.—POTATO CROUTONS

Cut potatoes in one-third-inch cubes, rinse with cold water, dry in a towel, and fry about two minutes in deep fat.

270.—FRENCH FRIED POTATOES

Wash and pare medium-sized potatoes, cut in eighths lengthwise, and soak in cold water for half an hour; drain, dry, and fry in deep fat about seven minutes; drain on soft paper, and sprinkle with salt. Cook only one layer in the basket at a time.

271.—HASHED BROWN POTATOES

Melt in the frying pan four tablespoons sausage fat, beef drippings, or other fat; add two cups chopped boiled

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potatoes, season, and cook slowly twenty minutes, or until well browned; fold double, and garnish with parsley.

272.—LYONNAISE POTATOES

4 boiled potatoes
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons sausage fat
2 slices onion finely chopped

Cut potatoes in half-inch cubes, and season with salt and pepper; put fat in frying pan, add onion, and cook slowly for ten minutes; add potatoes, stir well, and cook for ten minutes without browning.

273.—PAN-ROASTED POTATOES (Franconia)

Prepare potatoes as for boiling (see No. 266), boil ten minutes, drain, and cook in roasting pan with meat about forty minutes; baste often with fat in pan.

274.—SCALLOPED POTATOES WITH CHEESE

Wash and pare four potatoes, cut in very thin slices, put half of them in a greased baking dish; dredge with flour, sprinkle with salt, pepper, and two tablespoons grated cheese; repeat; cover with hot milk, and bake in a moderate oven one hour, or until potatoes are tender. Very old potatoes should not be used in this way.

275.—SCALLOPED POTATOES WITH PEPPERS AND CHEESE

1 quart half-inch potato cubes
1 onion chopped
2 tablespoons bacon fat
4 tablespoons flour
2 cups hot milk
½ teaspoon salt
½ teaspoon paprika
2 canned red peppers
½ cup grated cheese
½ cup buttered crumbs

Cook potatoes and onion in boiling salted water twenty minutes, and drain; melt bacon fat, add flour, and blend

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well; add milk and stir until smooth; add salt, paprika, peppers chopped, and cheese; mix with potatoes; turn into a greased baking dish, cover with Buttered Crumbs (see No. 472), and bake fifteen minutes, or until brown.

276.—STUFFED POTATOES WITH CHEESE AND BACON

4 large potatoes
4 tablespoons grated cheese
¾ teaspoon salt
¼ teaspoon paprika
¼ cup hot milk
4 slices bacon

Wash potatoes and bake in a hot oven forty-five minutes; cut in halves lengthwise, remove potato, and force through potato ricer; add cheese, seasonings, and hot milk, beat vigorously, and refill potato skins; place half a slice of bacon on top of each, and put on the upper grate of a hot oven until bacon is crisp.

277.—STUFFED POTATOES WITH NUTS AND CHEESE

4 hot baked potatoes
¼ cup nuts chopped fine
¼ cup grated cheese
¼ cup milk
½ tablespoon butter
½ teaspoon salt
¼ teaspoon pepper
Butter and paprika

Cut potatoes in halves lengthwise, remove potato, and mash; add nuts, cheese, milk, butter, and seasonings, and beat until very light; refill shells, heaping mixture in the center, make a slight depression with spoon, put in a small bit of butter, sprinkle with paprika, and brown in a hot oven.

278.—FRENCH FRIED SWEET POTATOES

Cut cold boiled sweet potatoes into eighths lengthwise, fry in deep fat until brown, drain on soft paper, and sprinkle with salt.

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279.—GLAZED SWEET POTATOES

Cut cooked sweet potatoes in one-third-inch slices lengthwise, put in a greased dripping pan, brush with melted butter or drippings, sprinkle thickly with brown sugar, and bake in a hot oven until glazed with melted sugar.

280.—SWEET POTATO CUSTARD

3 cooked sweet potatoes
2 eggs
⅓ teaspoon salt
¼ nutmeg grated
¼ cup brown sugar
1 quart milk

Force potatoes through a ricer; beat the eggs and mi with potato; add other ingredients, pour into buttered baking dish or cups, and bake in a slow oven until firm.

281.—STUFFED SWEET POTATOES

3 medium-sized baked sweet potatoes
½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon butter
¼ cup milk
Powdered sugar

Cut baked potatoes in halves lengthwise; mash potatoes, add salt, pepper, butter, and milk, and beat well; fill potato shells lightly, sprinkle thickly with sugar, and bake in a hot oven until brown. Sliced marshmallows may be used instead of sugar.

282.—CREAMED SALSIFY (Oyster Plant)

Cut off the tops of a bunch of salsify; scrape, cut in quarter-inch slices, and keep white by putting in cold water with a tablespoon of vinegar in it until ready to cook; drain; cook in boiling salted water about twenty-five minutes, or until tender; drain, and mix with one cup of White Sauce (see No. 207).

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283.—SPINACH

Pick over spinach, and wash well in several waters; put in kettle without water, cover, and cook about half an hour, or until tender; chop fine and season with salt, pepper, and butter. A thin slice of fat salt pork or a tablespoon of bacon fat may be cooked with spinach if preferred. In that case, omit butter. Or cook in ham or corned beef stock, drain, and season only with pepper. Garnish with thin slices of hard-cooked egg, or sprinkle with the yolk of egg pressed through a sieve.

284.—BAKED WINTER SQUASH

Cut half a small squash into four pieces, scrape out seeds and stringy part, put in a pan, shell side up, and bake in a hot oven about forty minutes. Remove from shell with a spoon, press through a sieve, season with salt, pepper, and butter, and serve. Or put in a greased baking dish, cover with Buttered Crumbs (see No. 472), and bake until crumbs are brown.

285.—PLYMOUTH SUCCOTASH

½ cup dried Lima beans
Corned beef stock
½ can corn
⅛ teaspoon pepper
¾ cup corned beef cut in small pieces

Soak beans over night, drain, cover with cold water, and cook one hour; drain, cover with stock, and cook until tender; add corn, pepper, and meat, and simmer ten minutes. Add salt if necessary. Any stock or left-over bits of meat may be used.

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286.—BAKED TOMATOES

Cut four tomatoes in halves crosswise, sprinkle with salt and pepper, and cover with buttered crumbs; bake in a hot oven about twenty minutes, and serve with Mustard Pickle Sauce (see No. 200) or cooked salad dressing.

287.—TOMATO CUSTARD

1 can tomatoes
1 cup water
1¼ teaspoons salt
¼ teaspoon pepper
2 slices onion
4 cloves
½ bay leaf
2 tablespoons sugar
¼ cup cracker dust
2 eggs

Simmer tomatoes, water, and seasonings for fifteen minutes, and press through a sieve; add crumbs and slightly beaten eggs, and bake in greased custard cups about twenty minutes, or until firm; turn out on platter and pour Cheese Sauce (see No. 188) around them.

288.—FRIED GREEN TOMATOES

Wipe tomatoes, cut in thick slices, season with salt and pepper, dip first in flour, then in egg, then in crumbs, and fry in deep fat until brown. Or season, dip in flour only, and sauté in butter.

289.—STEWED TOMATOES

1 can tomatoes, or
6 ripe tomatoes
1 teaspoon salt
1 teaspoon sugar
¼ teaspoon pepper
¼ teaspoon soda
1 tablespoon butter
½ cup bread crust crumbs

Put tomatoes in a stew pan; if fresh tomatoes are used, scald, peel, and cut in pieces. Add seasonings, except pepper, and cook slowly for thirty minutes; add butter and crumbs just before serving.

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290.—STUFFED TOMATOES

Select six medium-sized tomatoes; cut a thin slice from the top of each, and remove the pulp; rub slices through a sieve, and add to pulp; add one cup soft stale bread crumbs, one teaspoon salt, one teaspoon Worcestershire sauce, and one tablespoon tomato ketchup; mix well, fill tomatoes, cover with Buttered Crumbs (see No. 472), and bake in a moderate oven half an hour.

291.—CREAMED WHITE TURNIPS

Cook two cups of half-inch cubes of white turnip in boiling salted water half an hour, or until tender; drain, and mix with one cup of White Sauce (see No. 207).

292.—VEGETABLE HASH

2 cups cooked cabbage
1 cup cooked potatoes
1 cup cooked turnips
1 cup cooked beets
1 tablespoon grated onion
⅛ teaspoon pepper
1 teaspoon salt
2 tablespoons beef drippings
⅓ cup stock or water

Mix vegetables and seasonings; melt fat in frying pan, add vegetables and stock; cook slowly half an hour. Fold, and serve on a hot dish. If vegetables are left from a boiled dinner, omit salt.

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CHAPTER XIV

CEREALS, MACARONI, AND RICE

293.—CORN MEAL MUSH

3½ cups boiling water
1 teaspoon salt
1 cup fine corn meal

Add meal to boiling salted water by sifting it slowly through the fingers, while stirring rapidly with the other hand. Boil for ten minutes, and cook over hot water for two hours. Serve hot as a cereal. Or pour into one-pound baking powder boxes to cool; slice, dip in flour, and sauté in butter; or dip in egg and crumbs, and fry in deep fat. Serve either for breakfast, or as an accompaniment to roast pork, or, with sirup, for dessert.

294.—STEAMED HOMINY

4 cups boiling water
1 teaspoon salt
1 cup fine hominy

Put salt and boiling water in top of double boiler, place in direct contact with range, sift in hominy slowly, and boil for ten minutes, stirring often; cover, and cook over hot water two hours.

295.—SCALLOPED MACARONI AND CHEESE

1½ cups elbow macaroni
1 onion
1 cup White Sauce (see No. 207)
½ cup cheese cut fine
¼ teaspoon mustard
⅓ cup Buttered Crumbs (see No. 472)

Cook macaroni and onion in boiling salted water until tender, and drain; remove onion, add cheese and mustard

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to sauce and mix with macaroni; turn into a greased baking dish, cover with crumbs, and bake in a moderate oven until crumbs are brown.

296.—NOODLE PASTE

1 egg
1 tablespoon water
¼ teaspoon salt
Bread flour

Beat egg slightly, add water, salt, and flour enough to make a very stiff dough; knead well for three minutes, adding flour if necessary. Roll out as thin as possible; cut in fancy shapes with small vegetable cutter; or roll like a jelly roll and cut thin slices from the end. Cook in soup, or in boiling salted water. If served as a vegetable, season with butter, salt, and pepper, or serve with White Sauce (see No. 207).

297.—NOODLE BALLS (for Soup)

Roll Noodle Paste (see No. 296) very thin, fold double, and cut with small round vegetable cutter, or end of pastry tube; fry in deep fat until puffed into balls. Drain on soft paper.

298.—SCOTCH OATMEAL

4 cups boiling water
1 teaspoon salt
1 cup oatmeal

Put water and salt in top of double boiler, place in direct contact with range, sift in oatmeal slowly, and boil for five minutes, stirring often; cover, and cook over hot water four hours, or cook on back of range over night.

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299.—POLENTA WITH CHEESE

2 cups boiling water
2 cups milk
1 teaspoon salt
1 cup corn meal
1 cup cheese grated, or soft cheese cut fine

Heat water and milk to the boiling point, add salt, and sift in corn meal very slowly. Cook over hot water two hours, or put into a fireless cooker for three hours. When cooked, add cheese, pour into a shallow pan until half an inch thick. When cold, cut into two-inch squares, dip in crumbs, then in egg, and then again in crumbs, and fry in deep fat. Or roll in flour and sauté in butter. Mustard, cayenne, Worcestershire sauce, etc., may be added if desired.

300.—POLENTA WITH DATES

Prepare recipe for Polenta with Cheese (see No. 299), using in place of the cheese one and a half cups of dates, which have been washed, stoned, and cut in pieces. Serve hot as a cereal or dessert, or in any way in which mush is served. Cooked dried peaches, apricots, prunes, or figs may be substituted for dates.

301.—FRENCH FRIED POLENTA

Prepare recipe for Polenta with Cheese (see No. 299); pour into a shallow pan until two-thirds of an inch thick; cool; cut into strips about three inches long; dip first in crumbs, then in egg, and then again in crumbs; and fry in deep fat.

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302.—SPANISH POLENTA

4 cups boiling water
1 teaspoon salt
1 onion
1 green pepper
1 cup corn meal
1 cup cheese cut fine

Add salt to boiling water; add onion and pepper chopped fine; sift in corn meal very slowly, stirring all the time. Cook over hot water for two hours; add cheese, and serve hot with Tomato Sauce (see No. 203).

303.—BAKED RICE AND HAM

½ cup rice
2½ cups stock or water
2 cups milk
½ cup cooked ham finely chopped
1 tablespoon onion finely chopped
2 tablespoons carrot finely chopped

Wash rice, place in greased baking dish; add liquid, ham, vegetables, and salt if necessary. Bake slowly for three hours, stirring occasionally during the first hour. Ham stock or corned beef stock may be used, and any cooked meat substituted for ham. Serve with boiled spinach or dressed lettuce.

304.—BOILED RICE

Wash one cup rice, and add slowly to two quarts of boiling salted water, allowing one tablespoon of salt; cook until tender, pour into strainer, rinse with boiling water, and put in oven or on back of range for a few minutes, until the grains separate. Very old rice is improved by soaking in cold water for an hour or two before cooking. Corned beef or ham stock may be used in place of salted water.

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305.—RICE AND COCONUT LOAF

2 cups cooked rice
1 cup stewed and strained tomatoes
1 tablespoon grated onion
2 teaspoons salt
1 egg slightly beaten
¼ teaspoon paprika
¼ teaspoon mustard
1 can grated coconut
2 tablespoons melted bacon fat

Mix all ingredients except the bacon fat; put into a deep greased pan, cover with bacon fat, and bake in a slow oven one hour.

306.—RISOTTO

½ cup rice
1 cup boiling water
1 teaspoon salt
3 tablespoons bacon fat
1 onion chopped
1 green pepper chopped
½ can tomatoes
¼ teaspoon paprika

Cook rice with boiling water and salt in top of double boiler twelve minutes, cook onion and pepper in bacon fat ten minutes, stirring often; add tomatoes and paprika, mix with rice, and cook forty-five minutes.

307.—STEAMED SAMP

½ cup samp
2½ cups boiling water
¾ teaspoon salt

Wash samp, soak over night in cold water, and drain; put boiling water and salt in top of double boiler, and place directly on the range; add samp slowly, and boil five minutes; place over hot water and cook for four hours.

308.—CORN MEAL AND BEEF SCRAPPLE

3½ cups corned beef stock
1 cup corn meal
1 cup corned beef cut in small pieces

Cook meal in stock as directed in Corn Meal Mush (see No. 293), add meat, and pour into a deep bread

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pan; when cold, either slice and serve cold, or dip in flour and sauté in butter, or dip in crumbs, then in egg, and then again in crumbs, and fry in deep fat. If stock is very salt, dilute with water or milk. Any kind of stock or meat may be used in place of corned beef.

309.—WHEAT AND SAUSAGE SCRAPPLE

- 3¾ cups boiling water
- 1 teaspoon salt
- 1 cup Cream of Wheat
- ½ pound link sausage

Stir wheat slowly into boiling salted water, cook five minutes, place over hot water, and cook half an hour. Cook sausages in frying pan until brown, cut into half-inch pieces, add to mush, and pour into deep pan to cool. Serve sliced cold, sautéed, or fried.

310.—BAKED SPAGHETTI AND HAM

- 2 cups cooked spaghetti
- ¾ cup cooked ham finely chopped
- 1 hard-cooked egg chopped
- 1½ cups White Sauce (see No. 207)
- 2 tablespoons tomato ketchup
- ½ cup Buttered Crumbs (see No. 472)

Put half of spaghetti into a greased baking dish; mix ham and egg, and add half of it to spaghetti; mix sauce and ketchup, and pour half of it over ham; repeat; cover with crumbs, and bake in a hot oven about fifteen minutes.

311.—CREOLE SPAGHETTI

- 2 cups spaghetti broken in 2-inch pieces
- 1 onion chopped fine
- 1 green pepper chopped fine
- 3 tablespoons bacon fat
- 1 cup tomatoes
- ½ teaspoon salt
- ½ teaspoon paprika

Cook spaghetti in boiling salted water until tender, and drain; cook onion and pepper in bacon fat for ten minutes,

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stirring often; add tomatoes and seasonings, put in top of double boiler, add spaghetti, and cook half an hour. Macaroni may be used in place of spaghetti.

312.—ITALIAN SPAGHETTI

2 cups spaghetti broken in 2-inch pieces
½ onion
4 cloves
½ bay leaf
1 can condensed tomato soup
¼ cup grated cheese

Cook spaghetti in boiling salted water with the onion, cloves, and bay leaf until tender; drain, remove onion, cloves, and bay leaf; add soup and cheese, and heat to boiling point. One-half can tomatoes seasoned, stewed until thick, and pressed through a sieve, may be used in place of soup. Macaroni may be used in place of spaghetti.

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CHAPTER XV

CROQUETTES AND FRITTERS[1]

313.—TO CLARIFY FAT

Melt fat, add one pared and sliced raw potato, a pinch of soda, and a tablespoon of water; heat slowly, and cook until fat stops bubbling; strain through double cheesecloth.

314.—TO TRY OUT FAT

Cut any surplus fat into pieces, put into double boiler, cover, cook slowly until fat is extracted, and strain through double cheesecloth.

315.—CRUMBS FOR FRIED FOOD

Dry left-over bits of bread in a slow oven, put through food chopper, using finest cutter, and sift through a coarse sieve. Keep in covered jars.

316.—EGG FOR DIPPING FRIED FOOD

Break egg into a soup plate or similar shallow dish, beat enough to mix yolk and white, and add one-fourth cup of cold water or one-third cup of milk. Coat food thoroughly to prevent soaking fat.

317.—CHEESE BALLS

1½ cups cheese cut fine	¼ teaspoon mustard
1 tablespoon flour	¼ teaspoon paprika
¼ teaspoon salt	Whites of 2 eggs beaten stiff

Mix in order given, shape in balls about one inch in diameter, roll in sifted crumbs, and fry in deep fat until

[1] See Temperatures for Frying (page 242).

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brown. Drain on soft paper, and serve hot. Serve with the salad course or as a savory.

318.—CHEESE CROQUETTES

3 tablespoons shortening
⅓ cup bread flour
1 cup hot milk
¼ teaspoon salt
¼ teaspoon paprika
¼ teaspoon mustard
Few grains cayenne
1 cup cheese cut fine

Melt shortening, add flour; add hot milk, and stir until smooth and thick; add seasonings and cheese, and pour into a shallow dish to cool. Shape into small pyramids, roll in sifted crumbs, dip in egg, and again in crumbs, and fry in deep fat until brown. Serve immediately.

319.—FISH CROQUETTES

2 cups cold flaked fish
1 tablespoon lemon juice
Few drops onion juice
Salt and cayenne
1 cup Croquette Sauce (see No. 192)

Use remnants of baked or boiled fish, sprinkle with lemon and onion juice, dust lightly with salt and cayenne, and mix with sauce. When cold, shape into small croquettes or cutlets, dip in crumbs, egg, and again in crumbs, and fry in hot deep fat one minute.

320.—MEAT CROQUETTES

To two cups of cooked meat cut in small pieces add one teaspoon of Worcestershire sauce and a few drops of onion juice; mix with one cup of Croquette Sauce (see No. 192) and put on ice until cold. Shape into small croquettes or cutlets, roll in crumbs, dip in egg, and again in crumbs, and fry in hot deep fat. Any left-over meat may be used.

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321.—POTATO AND BEAN CROQUETTES

2 cups cold baked beans
1 cup mashed potato
¼ teaspoon paprika
1 tablespoon Worcestershire or Brand's A 1 sauce
Salt if needed

Press beans through a sieve, add potato and seasonings, mix well, and shape into small pyramids. Roll in crumbs, dip in egg, roll in crumbs again, and fry in hot deep fat. Drain on soft paper, and serve with Tomato Sauce (see No. 203).

322.—RICE CROQUETTES

1 egg slightly beaten
¼ teaspoon salt
¼ teaspoon onion juice
1 tablespoon tomato ketchup
1 teaspoon Worcestershire sauce
2 tablespoons cold water
2 cups cooked rice

Mix in order given; shape into small pyramids, dip in crumbs, egg, and again in crumbs, and fry in hot deep fat.

323.—RICE AND RAISIN CROQUETTES

½ cup rice
1 cup boiling water
1 teaspoon salt
1 cup hot milk
1 tablespoon butter
2 tablespoons sultana raisins

Wash rice, stir into boiling salted water, and boil five minutes, add milk, butter, and raisins, and cook over hot water about twenty-five minutes, or until rice is tender. Shape into small pyramids, dip in egg and crumbs, and fry in hot deep fat. Serve with Currant Jelly Sauce (see No. 608) or Lemon Sauce (see No. 613).

324.—SALMON AND POTATO CROQUETTES

Rinse a can of salmon with boiling water, and separate into flakes; mix with two cups of hot, well-seasoned

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mashed potatoes, and a tablespoon of finely chopped mixed pickles. Shape into small croquettes, dip in crumbs, egg, and then in crumbs again, and fry in hot deep fat one minute.

325.—SLICED APPLE FRITTERS

1 cup flour
¼ teaspoon salt
1 tablespoon sugar
1 egg well beaten
½ cup cold water
3 tart apples

Mix and sift flour, salt, and sugar; add egg and water, and beat well; pare, core, and cut apples into half-inch slices; dip in batter until well coated, and fry in hot deep fat; drain on soft paper, and dust with powdered sugar. Serve with roast pork or sausage, or serve with a liquid sauce as an entrée or a dessert.

326.—BANANA FRITTERS

1 cup flour
1½ teaspoons baking powder
¼ teaspoon salt
1 tablespoon powdered sugar
1 egg well beaten
¼ cup cold water
2 bananas

Mix and sift dry ingredients, add egg and water, and beat well; press bananas through a sieve, add to batter, and drop from a tablespoon into hot deep fat; drain on soft paper, dust with powdered sugar, and serve with Currant Jelly Sauce (see No. 608), or Lemon Sauce (see No. 613), either as an entrée or as a dessert.

327.—CORN FRITTERS

1 can corn
½ cup dried and sifted crumbs
1 egg well beaten
½ cup milk
1 teaspoon salt
1 teaspoon baking powder
1 tablespoon flour

Chop the corn, and add other ingredients in order given. Drop from a tablespoon into hot deep fat and fry until brown. Or sauté in a hot greased frying pan.

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328.—CRANBERRY FRITTERS

1 egg well beaten
¼ teaspoon salt
2 tablespoons sugar
¼ cup water
1 cup flour
1½ teaspoons baking powder
½ cup chopped cranberries

Mix in order given; drop from a tablespoon into hot deep fat, cook about three minutes, drain on soft paper, and dredge with powdered sugar.

329.—RICE AND CURRANT FRITTERS

1 cup flour
1½ teaspoons baking powder
⅓ teaspoon salt
2 tablespoons sugar
¼ teaspoon nutmeg
1 egg well beaten
⅓ cup cold water
1 cup cooked rice
2 tablespoons washed currants

Mix and sift dry ingredients; add egg and water, and beat well; add rice and currants, and drop from a tablespoon into hot deep fat; drain on soft paper, and serve with Currant Jelly Sauce (see No. 608), Orange Marmalade Sauce (see No. 616), or Lemon Sauce (see No. 613).

330.—SALMON FRITTERS

1⅓ cups flour
¼ teaspoon salt
2 teaspoons baking powder
1 egg well beaten
⅔ cup water
¼ teaspoon paprika
¼ teaspoon onion juice
½ can salmon chopped fine

Sift flour, salt, and baking powder; add egg, water, and seasonings, and beat well; add salmon, and drop from a tablespoon into hot deep fat; cook until brown, drain on soft paper, and serve with Sauce Tartare (see No. 202) or Tomato Sauce (see No. 203).

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331.—DOUGHNUTS

2 cups flour
2½ teaspoons baking powder
¾ teaspoon salt
½ teaspoon nutmeg
½ cup sugar
1 egg well beaten
½ cup milk
1 tablespoon melted shortening

Mix and sift dry ingredients; add egg, milk, and shortening, and mix well; chill, and roll out on a floured board until half an inch thick; cut, and fry in hot deep fat. A little more flour may be necessary, but the dough should be as soft as can be handled easily.

332.—SMALL TEA DOUGHNUTS

Follow recipe for Doughnuts (see No. 331), roll mixture very thin, cut with a two-inch doughnut cutter, fry, and dust with powdered sugar. Or fry the cut-out centers of large doughnuts, and roll in powdered sugar.

333.—FRIED JAM CAKES

Roll doughnut mixture very thin, and cut with a three-inch cookie cutter; put a teaspoon of jam on one half, moisten the edges with water, fold double, press edges firmly together, and fry in hot deep fat. Dust with powdered sugar.

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CHAPTER XVI

SALADS AND SALAD DRESSINGS

334.—COOKED SALAD DRESSING

1½ cups hot milk	2 tablespoons sugar
2 beaten eggs	2 teaspoons mustard
1 tablespoon salt	Dash of cayenne
3 tablespoons flour	½ cup hot vinegar

Mix dry ingredients, add to egg, and stir into the hot milk; add vinegar slowly, and cook over hot water for ten minutes, stirring constantly at first. Cool, put into a preserve jar, cover, and keep in a cool place. Whipped cream may be added, if desired, before using. Allow one cup for the whole recipe. Two tablespoons of melted butter or salad oil may be added, but recipe is very good without either.

335.—COOKED SALAD DRESSING (Evaporated Milk)

½ teaspoon salt	1 beaten egg
1 teaspoon mustard	1 tablespoon melted butter
1½ teaspoons sugar	⅓ cup evaporated milk
1½ teaspoons flour	⅔ cup hot water
Few grains cayenne	¼ cup vinegar

Mix in order given, and cook over hot water for ten minutes, stirring constantly at first.

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336.—CURRANT JELLY DRESSING

¼ cup currant or any other tart jelly
2 tablespoons candied ginger chopped
4 tablespoons oil
Juice of ½ lemon
Dash of cayenne

Melt the jelly, add ginger, cool slightly; add oil, lemon juice, and cayenne.

337.—DEVILLED HAM DRESSING

1 egg
1 small can devilled ham
½ cup vinegar
¼ cup water
¼ teaspoon salt
⅛ teaspoon pepper
¼ teaspoon mustard
¼ teaspoon cornstarch

Beat egg, add ham, vinegar, and water; mix salt, pepper, mustard, and cornstarch; add to ham mixture; and cook over hot water ten minutes.

338.—FRENCH DRESSING

⅔ cup oil
⅓ cup vinegar
1¼ teaspoons salt
½ teaspoon pepper
¼ teaspoon mustard
1 teaspoon powdered sugar

Put the ingredients in a pint preserve jar; fasten the cover, chill, and shake well before using. Keep in the ice-box and use as needed. For use with fruit salad, omit mustard. Curry, Brand's A 1 sauce, Worcestershire sauce, tomato ketchup, or similar condiments may be added in small amounts to vary the flavor.

339.—MAYONNAISE DRESSING

Yolk of 1 egg
1 teaspoon salt
½ teaspoon powdered sugar
1 teaspoon mustard
½ teaspoon paprika
1 cup salad oil
2 tablespoons vinegar
1 tablespoon lemon juice

Beat the egg yolk; add the seasonings; add oil, a few drops at a time, until mixture thickens; mix vinegar and

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lemon juice, and add in small quantities, alternating with the oil; as the oil thickens the dressing, dilute with the acid, leaving the finished dressing thick. It is important to have ingredients and utensils cold.

340.—POTATO MAYONNAISE

½ cup mashed potatoes
2 tablespoons oil
3 tablespoons vinegar
1 teaspoon horseradish
½ teaspoon Worcestershire sauce
¼ teaspoon salt
¼ teaspoon mustard
¼ teaspoon sugar

Mix in order given and serve with vegetable salad or cold meat.

341.—RUSSIAN DRESSING

To Mayonnaise Dressing (see No. 339) add one-third cup of thick chili sauce. Cooked salad dressing may be used in place of mayonnaise.

342.—SOUR CREAM DRESSING

½ cup sour cream
¼ teaspoon salt
1 teaspoon powdered sugar
3 tablespoons chili sauce

Beat cream until stiff; add salt, sugar, and chili sauce.

343.—QUICK MAYONNAISE

3 tablespoons butter
½ teaspoon salt
½ teaspoon mustard
¼ teaspoon paprika
½ teaspoon sugar
3 tablespoons oil
1 tablespoon vinegar
1 egg

Cream butter, add seasonings, and when well mixed add oil all at once; mix well, add vinegar; mix well, add the well-beaten egg yolk, and fold in the stiffly beaten white of egg. Do not chill.

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344.—UNCOOKED SALAD DRESSING (Condensed Milk)

2 eggs beaten
1 can condensed milk
¼ cup melted butter
1 cup vinegar
1½ teaspoons salt
1½ teaspoons mustard
Dash of cayenne

Mix, and beat with egg beater until thickened.

345.—CHICKEN SALAD

2 cups cold cooked chicken
2 cups celery cut fine
Salad dressing
Lettuce
1 hard-cooked egg

Cut remnants of chicken in small pieces and mix with celery and salad dressing; arrange on lettuce leaves and garnish with dressing and egg thinly sliced. Cabbage and a little celery salt may be used in place of celery.

346.—CORONADO SALAD

1 can tuna fish
2 cups shredded cabbage
1 green pepper cooked and shredded
Cooked Dressing (see No. 334)
2 tablespoons tomato ketchup

Flake fish; shred cabbage very fine; cut pepper in halves, remove seeds, cook in boiling water ten minutes, and shred in inch lengths; mix, arrange on lettuce, and dress with boiled dressing, to which the ketchup has been added. Garnish with parsley or pimiento.

347.—MEAT AND POTATO SALAD

1½ cups cooked meat cut fine
1½ cups cooked potato cut fine
½ cup celery cut fine
½ teaspoon salt
2 tablespoons finely chopped pickle
Salad dressing

Mix in order given, cover with dressing, and garnish with sliced pickles and celery tops. White cabbage may be used in place of celery.

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348.—SALMON SALAD

1 can salmon
1 cup cooked potato cubes
1 cup shredded lettuce
2 finely chopped pickles
Cooked Dressing (see No. 334)
Lettuce

Rinse salmon with boiling water, and separate into flakes; mix with potato, lettuce, and pickles, arrange on lettuce, and cover with dressing. Garnish with sliced hard-cooked egg and parsley.

349.—SHRIMP SALAD

1 pint cooked shrimps
1 cup chopped white cabbage
2 tablespoons capers
¾ cup salad dressing
1 head lettuce

Clean shrimps and break in pieces, reserving a few of the largest; mix with cabbage, capers, and dressing, and serve in lettuce nests. Garnish with whole shrimps. Canned shrimps may be used.

350.—TUNA FISH SALAD

1 can tuna fish
2 cups cooked potato cubes
½ cup cooked beet
Salad dressing
Lettuce

Flake tuna fish, mix with potatoes cut into fine cubes, and the beet cut into inch shreds; arrange on lettuce or any crisp salad green; and dress with Cooked Dressing (see No. 334) or Mayonnaise (see No. 339).

351.—BAKED BEAN SALAD

2 cups cold baked beans
1 cup cooked potato cubes
½ cup chopped cooked beet
1 cup Cooked Dressing (see No. 334)
2 tablespoons tomato ketchup
2 tablespoons chopped pickle

Mix beans, potato, and beets; add ketchup and pickle to dressing, mix with vegetables, and serve on lettuce or any crisp salad green. Garnish with radishes.

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352.—BERMUDA ONION SALAD

6 Bermuda onions
2 quarts boiling water
1 dozen pepper corns
4 cloves
½ teaspoon salt
½ bay leaf
Small piece lemon peel
Lettuce
French Dressing (see No. 338)

Peel and quarter onions, and cook in boiling water with seasonings until tender; drain, cool, arrange on lettuce, and cover with dressing. Garnish with red radishes.

353.—CABBAGE AND BEET SALAD

3 cups shredded cabbage
3 beets finely chopped
¼ teaspoon salt
2 tablespoons vinegar
¼ teaspoon white mustard seed
Cooked Dressing (see No. 334)

Mix cabbage, beets, salt, vinegar, and mustard seed; arrange on small white cabbage leaves, and dress with cooked dressing. Garnish with parsley.

354.—CABBAGE AND CRANBERRY SALAD

3 cups finely shredded white cabbage
½ cup finely shredded celery
½ cup chopped cranberries

Mix with Cooked Dressing (see No. 334), and garnish with celery tops and whole cranberries.

355.—CELERY ROOT SALAD

2 cups Creamed Celery Root (see No. 253)
1 cup chopped apple
1 cup shredded white cabbage

Mix, and serve on lettuce with Cooked Dressing (see No. 334) or Mayonnaise Dressing (see No. 339).

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356.—DUTCH POTATO SALAD

6 boiled potatoes
½ onion finely chopped
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon celery seed
¼ teaspoon white mustard seed
¼ cup bacon fat
½ cup hot vinegar

Cut potatoes into half-inch cubes; add onion, salt, pepper, celery, and mustard seed; heat bacon fat, add vinegar, and pour over potatoes; let stand until cold, and serve on any crisp salad green. Garnish with pickled beet.

357.—LEEK SALAD

Cut leeks in half-inch slices and cook in boiling salted water until tender; drain, chill, and serve on lettuce with French Dressing (see No. 338); sprinkle with chopped parsley and paprika.

358.—PEPPER AND CABBAGE SALAD

½ small white cabbage
1 green pepper
1 red pepper
Salad dressing

Shred cabbage into fine inch shreds; remove seeds and veins from peppers, and cut into fine shreds. Mix with dressing and arrange on small inner cabbage leaves. Garnish with parsley and strips of red pepper.

359.—POTATO SALAD

6 potatoes
1 onion
½ teaspoon celery seed
¼ teaspoon mustard seed
½ teaspoon salt
½ teaspoon paprika
Salad dressing

Pare potatoes, cut in halves, and cook in boiling salted water with the onion until tender; cool, cut in half-inch cubes, add seasonings, and mix with dressing. Cover with

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dressing, and garnish with parsley, red beets, or cooked carrot. Devilled Ham Dressing (see No. 337) is excellent with potato salad.

360.—SWEET POTATO SALAD

3 cups of cooked sweet potato cubes
1 cup white cabbage or celery finely chopped
2 tablespoons vinegar
4 tablespoons oil
1 tablespoon Worcestershire sauce
½ teaspoon salt

Mix and serve on heart cabbage leaves, and garnish with parsley and pickles.

361.—SAMOSET SALAD

Arrange lettuce in salad bowl, cover with slices of pickled beets, and sprinkle thickly with cottage cheese. Cover with dressing made of three tablespoons each of beet vinegar and oil, one-fourth teaspoon salt, and one-eighth teaspoon pepper.

362.—SPANISH SALAD

1 head of lettuce
2 cups of half-inch cubes of bread
1 Spanish onion chopped fine
1 cucumber sliced
3 tomatoes quartered
French Dressing (see No. 338)
2 sliced pickles

Shred the coarser leaves of the lettuce, and arrange in salad bowl on heart leaves; cover with bread cubes, sprinkle with onion, add cucumber and tomatoes, and pour French dressing over all. Garnish with pickles.

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363.—SPANISH ONION AND TOMATO SALAD

1 head lettuce
4 mild onions
2 ripe tomatoes
1 green pepper
French Dressing (see No. 338)

Wash and dry lettuce, and arrange in salad bowl; peel onions, cut in very thin slices, and put on lettuce; peel and slice tomatoes, and place on onions; cut pepper in thin slices, remove seeds and veins, and place on tomatoes; cover with French dressing, and serve very cold with brown bread sandwiches.

364.—TOMATO JELLY SALAD

1 can tomatoes
½ onion
4 cloves
1 teaspoon salt
1 teaspoon sugar
⅛ teaspoon soda
Dash of cayenne
½ bay leaf
½ box gelatine
½ cup cold water

Cook tomatoes and seasonings for twenty minutes; soak gelatine in cold water for a few minutes; add to tomato, and stir until dissolved; press through a sieve, and fill individual molds, which have been garnished with a slice of hard-cooked egg. Serve on lettuce with any dressing preferred. A small amount of clear jelly may be made by allowing mixture to drip through a jelly bag. Put into very small molds, and use as a garnish for cold meat or salads. The pulp left in the bag will make excellent soup.

365.—VEGETABLE SALAD (Cooked)

1½ cups potatoes
1 cup beets
¾ cup white turnip
½ cup peas
French Dressing (see No. 338)
¼ teaspoon onion juice
1 bouillon cube

Cut potatoes, beets, and turnips into half-inch cubes, and mix with peas; dissolve bouillon cube in one table-

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spoon of boiling water, and add with onion juice to dressing. Arrange vegetables on any crisp salad green, and pour dressing over them.

366.—APPLE AND MINT SALAD

2 cups finely cut apple
2 tablespoons chopped mint
2 tablespoons lemon juice
Few gratings lemon rind
4 tablespoons oil
Few grains cayenne
1 head lettuce

Mix the mint, lemon juice, and rind, cover, and let stand for half an hour; add oil and cayenne, and pour over apple. Serve on lettuce and garnish with sprigs of mint.

367.—BANANA AND APPLE SALAD

Peel and slice three bananas; pare, core, and slice four apples; arrange on lettuce, and cover with Currant Jelly Dressing (see No. 336).

368.—BANANA AND PEANUT SALAD

Peel and scrape bananas, cut crosswise into three pieces, roll in finely chopped peanuts, and serve on lettuce with French Dressing (see No. 338).

369.—BELLEVUE SALAD

1 cup cottage cheese
½ cup peanut butter
½ teaspoon salt
¼ cup French Dressing (see No. 338)
1 large red apple
Lettuce leaves

Mix cheese, butter, salt, and dressing until well blended; core apples, cut in one-third-inch slices, and cover each slice with cheese mixture forced through a rose tube; arrange on lettuce, and serve with French dressing.

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370.—CREAM CHEESE SALAD

Force cream cheese through potato ricer, arrange lightly on lettuce leaves, and dress with a French Dressing (see No. 338), to which two tablespoons of chili sauce have been added.

371.—FROZEN CREAM CHEESE

Mash a cream cheese, season with paprika and salt, moisten with cream, and beat until smooth; pack into individual paper cases, put into a tightly covered tin, and pack in equal parts of salt and ice for three hours. Serve on lettuce with French Dressing (see No. 338), and garnish with bits of currant jelly or Mock Bar-le-Duc Currants (see No. 666).

372.—JELLIED WALDORF SALAD

½ package gelatine
½ cup cold water
1 cup boiling water
¼ cup sugar
¼ cup lemon juice
2 cups apple chopped
1 cup celery shredded
½ cup nut meats chopped
Lettuce
6 pimolas sliced
Mayonnaise

Soak gelatine in cold water five minutes, add boiling water, sugar, and lemon juice; chill until it begins to stiffen; add apples, celery, and nuts; turn into individual molds, and chill. Serve on lettuce, and garnish with pimolas and mayonnaise.

373.—ORANGE AND CRESS SALAD

1 bunch water cress
1 head romaine
4 seedless oranges
French Dressing (see No. 338)

Pick over, wash, and dry cress; wash and dry romaine, and arrange in salad bowl; peel and cut oranges in thin

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slices, and arrange over romaine; put cress around edge of bowl, and cover all with French dressing made with lemon juice instead of vinegar.

374.—PEAR SALAD

5 pears
Lettuce
4 tablespoons oil
2 tablespoons lemon juice
1 teaspoon Jamaica ginger
1 teaspoon powdered sugar
½ teaspoon paprika

Pare, quarter, and core fruit; wash and dry lettuce; shred finely the outer leaves, and arrange on the heart leaves; cut quarters of pears lengthwise, place on lettuce, and cover with dressing made of oil, lemon juice, and seasonings. The pears should not be too ripe.

375.—PINEAPPLE, CHEESE, AND DATE SALAD

For each person allow two lettuce leaves, one slice of pineapple, and three dates stuffed with cream cheese. Cut the pineapple in cubes and place on the lettuce; cut dates in halves lengthwise, remove stones, stuff with cream cheese, and arrange on pineapple; sprinkle cheese with paprika, and dress all with French Dressing (see No. 338).

376.—PINEAPPLE AND COTTAGE CHEESE SALAD

Arrange slices of pineapple on crisp lettuce; in the center of each slice place a cottage cheese ball rolled in chopped nut meats; dress with French Dressing (see No. 338).

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CHAPTER XVII

YEAST BREADS, MUFFINS, AND ROLLS

377.—WHITE BREAD

1 cup scalded milk	2½ teaspoons salt
1 cup boiling water	½ yeast cake
1 tablespoon sugar	¼ cup lukewarm water
2 tablespoons shortening	6 to 7 cups flour

Put liquid, sugar, shortening, and salt in the mixing bowl; when lukewarm add the yeast cake (which has been dissolved in lukewarm water); add flour and knead well. The exact amount of flour will depend upon the quality; but enough should be used to make a smooth, soft dough which after kneading is not sticky. Cover, and let rise in a warm room until double in bulk; cut down, knead well, and shape into loaves; cover, let rise until double in bulk, and bake in a hot oven about fifty minutes. To hurry the rising of the bread increase the quantity of yeast. Bread mixed with two yeast cakes may be made and baked in about three hours.

378.—BRAN BREAD (Yeast)

½ cup boiling water	½ yeast cake
½ cup scalded milk	¼ cup lukewarm water
2 tablespoons shortening	1 cup entire wheat flour
2 tablespoons molasses	1 cup white flour
1½ teaspoons salt	2 cups bran

Mix water, milk, shortening, molasses, and salt; when lukewarm add yeast cake dissolved in lukewarm water, add

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flour sifted, and bran, and mix with liquid to a soft dough; let rise until light, cut down, and knead into small loaves, using more bran if necessary to prevent sticking; let rise until nearly double, and bake in hot oven about fifty minutes.

379.—ENTIRE WHEAT BREAD

Follow recipe for White Bread (see No. 377), using four cups of entire wheat flour and two or more cups of white flour. Molasses may be used in place of sugar.

380.—DATE BREAD (Not Kneaded)

1 cup scalded milk	½ yeast cake
1 cup boiling water	¼ cup lukewarm water
¼ cup molasses	4 cups entire wheat flour
2 tablespoons shortening	1¼ cups white flour
2 teaspoons salt	1 cup dates cut in pieces

Mix milk, water, molasses, shortening, and salt; when lukewarm, add yeast, dissolved in lukewarm water, and flour; mix, and beat well; let rise until double in bulk; add dates, beat well, turn into two greased bread pans, let rise until light, and bake one hour. The oven should be hot for the first fifteen minutes, and then the heat should be reduced.

381.—FRIED BREAD

Cut raised bread dough into pieces the size of a small egg, flatten with the rolling pin, cover, let rise until light, and fry in deep fat about three minutes.

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382.—GRAHAM AND CORN BREAD

1 cup corn meal
1 cup boiling water
1 cup scalded milk
2 tablespoons shortening
2½ teaspoons salt
¼ cup molasses
½ yeast cake
¼ cup lukewarm water
4 cups Graham flour

Pour boiling water over corn meal; mix well, add milk and shortening; when lukewarm add salt, molasses, and yeast dissolved in lukewarm water; add flour, beat well, and let rise until double in bulk; beat again, pour into two greased bread pans, let rise until light, and bake about fifty minutes. The oven should be hot for the first fifteen minutes, and then the heat reduced.

383.—IRISH BREAD

1 quart bread dough
⅛ cup shortening
¼ cup sugar
1 cup raisins seeded and chopped

Knead shortening, sugar, and raisins into dough; shape into two round loaves, let rise, brush with milk, and bake in hot oven about forty minutes.

384.—OATMEAL BREAD

1 cup rolled oats
½ cup corn meal
1½ teaspoons salt
1 tablespoon shortening
2 cups boiling water
½ yeast cake
¼ cup lukewarm water
½ cup molasses
4 cups flour

Mix oats, corn meal, salt, and shortening; add boiling water, and let stand one hour; add yeast dissolved in lukewarm water, molasses, and flour. Mix well, cover, and let rise until double in bulk; beat well, turn into two

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greased pans, let rise, and bake in a hot oven about fifty minutes.

385.—RYE BREAD

1 cup scalded milk
1 cup boiling water
2 tablespoons shortening
3 tablespoons molasses
2 teaspoons salt
½ yeast cake
¼ cup lukewarm water
3 cups rye flour
3 to 4 cups white flour

Mix; let rise and bake the same as White Bread (see No. 377).

386.—SHREDDED WHEAT BREAD

2 shredded wheat biscuit
1 cup hot milk
1 cup hot water
½ cup molasses
1 tablespoon salt
1 tablespoon shortening
½ yeast cake
¼ cup lukewarm water
6 cups entire wheat flour

Crumble the biscuit; add milk, water, molasses, salt, and shortening; when lukewarm add yeast cake dissolved in lukewarm water, and sifted flour; knead well, cover and let rise until double in bulk; cut down, shape into loaves or biscuit, put into greased pans, let rise until light, and bake in a hot oven about fifty minutes for loaves, and twenty-five minutes for biscuit. This makes one loaf and one pan of biscuit. A little more or less flour may be needed.

387.—BUNS

1 cup scalded milk
⅓ cup shortening
¼ cup sugar
1 teaspoon salt
½ yeast cake
¼ cup lukewarm water
½ cup currants
3½ cups flour

Mix milk, shortening, sugar, and salt; when lukewarm, add yeast dissolved in lukewarm water; add currants, and

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flour enough to knead (a little more or less than the three and one-half cups may be required); let rise until double in bulk; knead, and shape into small round buns; place in a greased baking pan two inches apart, and let rise until light; brush with milk, dust with powdered sugar, and bake in a hot oven about twenty minutes.

388.—CRESCENTS

Use Parker House Roll mixture (see No. 389) or any bread dough into which more shortening has been kneaded; roll out half an inch thick, cut into four-inch squares, and cut squares in halves diagonally; brush with melted shortening, and roll firmly, beginning with the diagonal edge. Curve into crescent shape, place on greased baking sheet, let rise until light, and bake in a hot oven about fifteen minutes.

389.—PARKER HOUSE ROLLS

2 cups milk
⅓ cup shortening
1 teaspoon salt
2 tablespoons sugar
1 yeast cake
¼ cup lukewarm water
6 to 7 cups flour

Scald milk; add shortening, salt, and sugar; when cool add yeast dissolved in water; stir in two cups of flour, cover, and let rise until double in bulk; add enough flour to form a soft dough; knead well, and let rise again; cut down with a knife; roll out on lightly floured bread board until about half an inch thick; cut with small round cutter, brush with butter, and fold double; put on baking sheet, cover, and let rise until light, brush with milk, and bake in hot oven about twelve minutes.

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390.—SHAMROCK ROLLS

To one quart of bread dough add one-fourth cup of melted shortening and two tablespoons of sugar. Knead well, and shape into small balls about the size of a pecan nut; grease muffin tins, put three balls in each, let rise until light, and bake in a hot oven about fifteen minutes.

391.—SWEDISH COFFEE ROLLS

1 cup scalded milk
⅓ cup shortening
1 teaspoon salt
¼ cup sugar
1 egg well beaten
½ yeast cake
¼ cup lukewarm water
3½ cups flour
1 teaspoon cinnamon
2 tablespoons sugar

Scald milk, add shortening, salt, and sugar; when lukewarm add egg, yeast dissolved in water, and flour, of which a little more or less may be required; knead well, cover, and let rise until double in bulk; knead again; roll on a floured board until about one-fourth of an inch thick, brush with melted shortening, and sprinkle with cinnamon mixed with sugar; fold dough into three layers, cut in strips three-quarters of an inch thick; twist each strip, and shape like a figure eight, pressing the ends firmly in place; put on a greased baking sheet, let rise until light, and bake in a hot oven twenty minutes. Spread with a thin coating of plain icing.

392.—RAISED MUFFINS

½ cup boiling water
½ cup scalded milk
1 teaspoon salt
2 tablespoons sugar
2 tablespoons shortening
1 egg
¼ yeast cake
¼ cup lukewarm water
2½ cups flour

Pour water and milk over salt, sugar, and shortening; when cool add beaten egg, yeast dissolved in water, and

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flour; beat well and let rise over night; beat again; fill greased muffin pans two-thirds full, let rise, and bake in a hot oven thirty minutes. Or place greased muffin rings on a hot greased griddle, fill two-thirds full, and cook on top of range about twenty minutes, turning when half cooked.

393.—RAISED CORN MUFFINS

1 cup scalded milk
4 tablespoons shortening
4 tablespoons sugar
1 teaspoon salt
¼ yeast cake
¼ cup lukewarm water
1 cup corn meal
1½ cups flour

Add shortening, sugar, and salt to milk; when lukewarm add yeast dissolved in water, corn meal, and flour; beat well, let rise over night; beat well, half fill greased muffin rings, let rise until nearly double, and bake in hot oven half an hour.

394.—RAISED DATE MUFFINS

Follow recipe for Date Bread (see No. 380); half fill greased muffin tins, let rise until light, and bake in a hot oven twenty-five minutes. Figs cut in small pieces may be used instead of dates.

395.—RAISED OATMEAL MUFFINS (Uncooked Oats)

1 cup rolled oats
1 cup scalded milk
2 tablespoons shortening
1 teaspoon salt
¼ cup molasses
1 egg
¼ yeast cake
¼ cup lukewarm water
2½ cups flour

Pour hot milk over oats, add shortening; when lukewarm add salt, molasses, egg well beaten, and yeast cake dissolved in lukewarm water; beat well, and add flour;

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beat well, and let rise over night; beat again, and half fill greased muffin pans; let rise until nearly double, and bake in a hot oven half an hour.

396.—RAISED ROULETTES

Roll out to one-half inch thickness any roll or soft raised bread mixture; brush with melted butter, and spread with cinnamon and sugar, fruit, or any of the fillings used for Baking Powder Roulettes (see No. 447). Roll like a jelly roll until dough is about two and one-half inches in diameter, cut in half-inch slices with a sharp knife, place on greased sheet two inches apart, let rise until light, and bake in a hot oven twenty minutes.

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CHAPTER XVIII

BAKING POWDER BREADS, MUFFINS, AND BISCUIT [1]

397.—BAKING POWDER

1 pound 2 ounces *pure* cream of tartar
½ pound cooking soda
¼ pound cornstarch

Mix and sift thoroughly four times, and store in closely covered jars.

398.—BARLEY BREAD

2 cups barley meal
1 cup Graham flour
1 cup white flour
2 tablespoons sugar
1 teaspoon salt
6 teaspoons baking powder
2 cups milk

Sift dry ingredients together, and mix well with milk; turn into a greased bread tin, let stand fifteen minutes, and bake in a moderate oven fifty minutes. Raisins, dates, figs, or nuts may be added.

399.—BRAN BREAD

2 cups bran
2 cups entire wheat flour
1 teaspoon salt
½ teaspoon soda
5 teaspoons baking powder
½ cup molasses
¾ cup water
¾ cup milk

Sift flour, salt, soda, and baking powder, and add to bran; add molasses and liquid, and beat well; turn into a

[1] Recipes for breads made light chiefly by soda and an acid (gingerbread, etc.) and for those made light by the expansion of air and moisture (popovers, etc.) are also included in this chapter.

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greased bread pan; let stand fifteen minutes, and bake in a moderate oven one hour.

400.—DATE BREAD

1 cup corn meal
1 cup entire wheat flour
1 cup white flour
1½ teaspoons salt
¼ teaspoon soda
5 teaspoons baking powder
¼ cup molasses
1 cup dates stoned and cut in pieces
½ cup nut meats chopped
1 egg well beaten
1¼ cups milk

Mix and sift dry ingredients; add other ingredients in order given; mix well, turn into a greased bread pan, cover with a cloth, let stand fifteen minutes; bake in a moderate oven fifty minutes.

401.—DARK NUT BREAD

¼ cup sugar
¾ cup hot water
½ cup molasses
¾ cup milk
2 cups entire wheat flour
1 cup bread flour
5 teaspoons baking powder
1½ teaspoons salt
½ teaspoon soda
¾ cup nut meats finely chopped

Mix in order given, sifting dry materials together before adding. Turn into a greased bread pan, let stand fifteen minutes, and bake in a moderate oven one hour.

402.—QUICK RAISIN BREAD

2½ cups entire wheat flour
½ cup fine corn meal
6 teaspoons baking powder
1 teaspoon salt
¼ cup sugar
1 beaten egg
1¼ cups milk
1 cup seeded raisins cut in halves

Mix and sift dry ingredients; add egg, milk, and raisins, and mix well; put into a greased bread pan, cover, and

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let stand fifteen minutes; bake in a moderate oven about fifty minutes. One cup of finely chopped nuts may be added.

403.—BREAD CRUMB BROWN BREAD

1½ cups dried sifted crumbs
1 cup boiling water
½ cup molasses
1 cup milk
½ cup corn meal
1 cup Graham flour
¾ teaspoon salt
1½ teaspoons soda

Put crumbs in mixing dish, add boiling water, and let stand ten minutes; add molasses, milk, and the dry ingredients sifted together. Steam the same as Steamed Indian Date Bread (see No. 404).

404.—STEAMED INDIAN DATE BREAD

1½ cups corn meal
1 cup rye meal
½ cup flour
1½ teaspoons soda
1 teaspoon salt
⅔ cup molasses
1 cup water
1 cup milk
1 cup dates

Mix and sift dry ingredients, add molasses, liquid, and dates which have been stoned and cut in pieces. Pour into greased one-pound baking powder boxes, and steam steadily for one and three-quarters hours. Or pour into a large greased mold and steam for three hours.

405.—CORN BREAD (without Eggs)

¾ cup corn meal
¾ cup flour
2 tablespoons sugar
½ teaspoon salt
¾ teaspoon soda
1½ cups buttermilk or sour milk

Mix and sift dry ingredients, add buttermilk gradually, and beat well; pour into well-greased shallow pan, and bake in hot oven twenty minutes.

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406.—COUNTRY CORN BREAD

¾ cup corn meal
¾ cup flour
3 teaspoons baking powder
1 tablespoon sugar
⅓ teaspoon salt
1 beaten egg
¾ cup milk and water mixed
2 tablespoons melted bacon fat

Mix in order given, beat well, and bake in a well-greased shallow pan in a hot oven about twenty minutes. Half of the egg will make a very good corn bread. Left-over pieces may be split, lightly buttered, and browned in the oven.

407.—CORN MUFFINS

1 cup corn meal
1 cup flour
4 teaspoons baking powder
½ teaspoon salt
2 tablespoons sugar
1 beaten egg
1 cup milk and water mixed
4 tablespoons melted shortening

Mix in order given, beat well, and bake in greased gem pans in hot oven twenty minutes.

408.—CORN AND RICE MUFFINS

1 cup cooked rice
⅔ cup hot milk
½ cup corn meal
2 tablespoons bacon fat
½ teaspoon salt
1 tablespoon sugar
1 egg
½ cup flour
3 teaspoons baking powder

Pour hot milk over rice, and work with a fork to separate grains; add corn meal, bacon fat, salt, and sugar; when cool add egg well beaten, flour, and baking powder; beat well; bake in well-greased muffin pans in hot oven twenty minutes.

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409.—CUSTARD CORN CAKE

½ cup corn meal
½ cup flour
2 tablespoons sugar
½ teaspoon salt
½ teaspoon soda
1 cup sour milk
1 egg
2 tablespoons melted shortening
½ cup sweet milk

Mix and sift dry ingredients; add sour milk and egg well beaten, and beat thoroughly; melt shortening in an earthen baking dish, pour in batter, pour the sweet milk over it, and bake in a hot oven twenty-five minutes. Cut in wedge-shaped pieces for serving.

410.—MOLASSES CORN BREAD

1 cup corn meal
1 cup flour
4 teaspoons baking powder
½ teaspoon salt
1 egg
¼ cup molasses
1 cup water
2 tablespoons melted bacon fat

Mix and sift dry ingredients; add egg well beaten, molasses, water, and bacon fat; beat well, pour into a well-greased shallow pan, and bake about twenty minutes in a hot oven.

411.—RHODE ISLAND CORN CAKE

1 cup white corn meal
1 cup flour
4 teaspoons baking powder
½ teaspoon salt
2 tablespoons sugar
1 egg
¼ cup melted shortening
1 cup milk

Mix and sift dry ingredients; add egg yolk well beaten, shortening, and milk; beat well; fold in the stiffly beaten white of egg, and bake in a greased, shallow pan in hot oven about twenty minutes.

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412.—BLUEBERRY MUFFINS

Follow recipe for Cambridge Muffins (see No. 414); add one cup of blueberries just before putting into the pans. If canned blueberries are used, drain, and dredge with flour before adding to batter.

413.—BRAN MUFFINS

2 cups bran
1 cup flour
½ teaspoon salt
1 teaspoon soda
½ cup molasses
1¾ cups milk
1 tablespoon melted shortening

Mix in order given; beat well, and bake in moderate oven about twenty-five minutes. These muffins are moist, keep well, and may be reheated successfully in a covered pan, either over steam or in the oven.

414.—CAMBRIDGE MUFFINS

¼ cup shortening
¼ cup sugar
1 egg
¾ cup milk
2 cups flour
4 teaspoons baking powder
¼ teaspoon salt

Cream the shortening; add the sugar and egg well beaten; beat well, add the milk, flour, baking powder, and salt, which have been sifted together; beat again, and bake in hot greased muffin pans twenty minutes in a moderate oven.

415.—CHEESE MUFFINS

Use recipe for Plain Muffins (see No. 419) or any muffin recipe, omitting the sugar; cut cheese in half-inch cubes, and place three or four pieces on top of each muffin before baking.

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416.—CRANBERRY MUFFINS

Follow recipe for Cambridge Muffins (see No. 414), and add one cup of cranberries coarsely chopped.

417.—CRUMB MUFFINS

1 cup dried and sifted bread crumbs	½ cup boiling water
1 tablespoon shortening	1 egg
1 tablespoon sugar	½ cup milk
½ teaspoon salt	¾ cup flour
	3 teaspoons baking powder

Mix crumbs, shortening, sugar, salt, and boiling water; when cool add the egg well beaten, the milk, flour, and baking powder; beat well and bake in greased muffin pans twenty minutes in a moderate oven.

418.—DATE MUFFINS

To recipe for Plain Muffins (see No. 419) or Cambridge Muffins (see No. 414) add one cup dates, stoned and cut in small pieces.

419.—PLAIN MUFFINS

2 cups flour	2 tablespoons sugar
4 teaspoons baking powder	1 egg
	1 cup milk
½ teaspoon salt	2 tablespoons melted shortening

Mix and sift dry ingredients; add egg well beaten, milk, and shortening; beat well, and bake in greased muffin pans in moderate oven twenty minutes. For fruit muffins add one cup of figs, dates, or cooked prunes cut in pieces.

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420.—RYE MUFFINS

1 cup rye flour
1 cup white flour
½ teaspoon salt
4 teaspoons baking powder
2 tablespoons molasses
1 egg
2 tablespoons melted shortening
1 cup milk

Mix and sift dry ingredients, add molasses, egg well beaten, shortening, and milk; beat well, half fill greased muffin tins, and bake in moderate oven twenty minutes.

421.—SOUR MILK MUFFINS

1½ cups flour
1 tablespoon sugar
½ teaspoon soda
½ teaspoon salt
1 egg
1 cup thick sour milk
2 tablespoons melted shortening

Mix and sift dry ingredients; add egg well beaten, sour milk, and shortening; beat quickly, and bake in greased muffin pans in moderate oven twenty minutes.

422.—BUTTERMILK MUFFINS

Follow recipe for Sour Milk Muffins (see No. 421), using buttermilk instead of sour milk.

423.—SALLY LUNN

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
2 tablespoons sugar
2 eggs
1 cup milk
¼ cup melted shortening

Mix and sift dry ingredients; add eggs well beaten, milk, and shortening; beat thoroughly, pour into shallow greased pan, and bake in a moderate oven twenty minutes.

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424.—BAKING POWDER BISCUIT

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
2 tablespoons shortening
¾ cup milk

Mix and sift dry ingredients, rub in shortening until fine and crumbly, and add milk to form a soft dough; a little more or less may be required, according to the brand of flour used. Roll out on a slightly floured board until three-fourths of an inch thick, cut with small cutter, place on greased pan an inch apart, and bake in hot oven twelve minutes. For soft biscuit with little crust, place close together in the pan, and bake five minutes longer. Left-over biscuit may be split, lightly buttered, and browned in the oven.

425.—CORN MEAL ROLLS

1 cup corn meal
1 cup flour
4 teaspoons baking powder
½ teaspoon salt
3 tablespoons bacon fat
¾ cup milk

Mix and sift dry ingredients; rub in shortening with finger tips; add milk, and mix thoroughly; roll lightly, on a floured board, to a thickness of one-half inch; cut with biscuit cutter, brush with milk or water, and fold double. Bake in hot oven fifteen minutes.

426.—BACON SANDWICH ROLLS

Follow recipe for Corn Meal Rolls (see No. 425), putting a piece of cooked bacon on half of roll before folding.

427.—DATE ROLLS

Use recipe for Baking Powder Biscuit (see No. 424), roll out one-half inch thick, and cut in rounds with three-

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inch cutter; spread with soft butter, sprinkle with cinnamon and sugar, and put a date, split lengthwise and stoned, on half of each roll; fold over, press edges firmly together, brush with milk, and bake in hot oven fifteen minutes. Allow one-half teaspoon cinnamon to two tablespoons sugar. Cooked and stoned prunes or chopped figs may be used instead of dates.

428.—QUICK COFFEE CAKE

¼ cup shortening
¼ cup sugar
1 egg
1 cup milk and water mixed
½ cup seedless raisins
2½ cups flour
5 teaspoons baking powder
½ teaspoon salt
2 tablespoons sugar
1 teaspoon cinnamon

Cream the shortening and sugar; add egg well beaten, milk, raisins, flour, baking powder, and salt; spread in a greased shallow pan, brush with melted butter, and sprinkle with cinnamon and sugar; bake in hot oven fifteen to twenty minutes.

429.—QUICK DROP BISCUIT

Use recipe for Baking Powder Biscuit (see No. 424), increasing the milk to one cupful; drop from a tablespoon on a greased pan two inches apart, and bake in a hot oven ten minutes; or half fill greased muffin tins, and bake twelve minutes.

430.—ENTIRE WHEAT BISCUIT

Follow directions for Baking Powder Biscuit (see No. 424), using entire wheat flour in place of white flour, and adding one tablespoon of molasses.

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431.—FRUIT TEA BISCUIT

To recipe for Quick Drop Biscuit (see No. 429) add one chopped apple, one-half cup of seeded and chopped raisins, two tablespoons of washed currants, and two tablespoons of sugar. Put into hot greased muffin pans, and bake in a hot oven fifteen minutes. Serve for tea, or with a hot liquid sauce for dessert.

432.—GRAHAM BISCUIT

1 cup Graham flour
½ cup fine corn meal
½ cup bran
4 teaspoons baking powder
½ teaspoon salt
2 tablespoons shortening
1 tablespoon molasses
¾ cup milk

Mix dry ingredients without sifting; rub in shortening with finger tips; add molasses and milk; mix well; roll, cut, and bake as directed for Baking Powder Biscuit (see No. 424).

433.—JAM ROLLS

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
1 tablespoon sugar
2 tablespoons shortening
1 egg
⅔ cup milk

Sift together flour, baking powder, salt, and sugar; rub in shortening with finger tips until mealy; add beaten egg and milk, and mix with a knife to a soft dough; roll out one-third of an inch thick, and cut with a round cutter; put a teaspoon of jam on each, moisten the edges with water, fold over, and press firmly together; make two cuts on top so that jam will show, brush with milk, and bake in hot oven fifteen minutes.

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434.—POTATO SCONES

2 cups flour
½ teaspoon salt
4 tablespoons baking powder
1 cup mashed potato
2 tablespoons shortening
¾ cup milk

Sift flour, salt, and baking powder; add potato and shortening, and work in with finger tips; add milk, and mix to a soft dough with a knife; roll out three-quarters of an inch thick on floured board, cut with biscuit cutter, and cook on hot greased griddle about twenty minutes, turning over when half cooked. Split, butter, and serve hot.

435.—SCOTCH SCONES

1 cup fine oatmeal
¾ cup scalded milk
2 tablespoons shortening
1 cup flour
4 teaspoons baking powder
1 teaspoon salt
2 tablespoons sugar

Pour hot milk over oatmeal, mix well, add shortening, and let stand until cold; mix and sift flour, baking powder, salt, and sugar; add to oatmeal, and mix well; roll out three-fourths of an inch thick, cut in rounds, and cook on a greased griddle about twenty minutes, turning when half cooked.

WITHOUT BAKING POWDER OR YEAST

436.—POPOVERS

1 cup flour
¼ teaspoon salt
1 egg
1 cup milk
1 teaspoon melted butter

Sift flour and salt; beat egg very light, and mix with milk; mix gradually with flour; add melted butter, and

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beat two minutes with a strong egg beater; pour into hot greased popover cups or pans, and bake in a hot oven twenty to thirty minutes, according to size of pans. The mixture should be very cold, and the pans and oven very hot.

437.—ENTIRE WHEAT POPOVERS

¾ cup entire wheat flour	1 cup milk
¼ cup corn meal	1 egg
¼ teaspoon salt	1 teaspoon melted butter

Follow directions for mixing and baking Popovers (see No. 436).

438.—GRAHAM POPOVERS

Follow recipe for Entire Wheat Popovers (see No. 437), except that Graham flour should be used in place of entire wheat.

439.—BREAKFAST PUFFS

1 cup entire wheat flour ¼ teaspoon salt
1 cup ice water

Sift flour and salt, add ice water gradually, and beat three minutes with strong egg beater; bake in hot iron pans in very hot oven twenty minutes.

440.—MARYLAND BEATEN BISCUIT

2 cups flour	2 tablespoons shortening
½ teaspoon salt	Cold water

Sift flour and salt, rub in shortening with tips of fingers, and add enough cold water to make a stiff dough; knead until smooth, and beat with the rolling-pin fifteen minutes, or until dough blisters; roll out about one-third of

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an inch thick, cut with a small round cutter, prick with a fork, place on a greased baking pan, and chill in the ice-box for half an hour; bake about twenty-five minutes, having the oven very hot for the first ten minutes. A biscuit brake may be used instead of rolling-pin.

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CHAPTER XIX

SHORTCAKES AND ROULETTES

441.—SHORTCAKE

1½ cups flour	⅓ teaspoon salt
3 teaspoons baking powder	3 tablespoons shortening
	⅔ cup milk

Mix and sift flour, baking powder, and salt; rub in shortening with finger tips; add milk, and mix well with a knife. Spread in two greased layer-cake pans, patting with the back of a tablespoon until pans are evenly filled. Bake in a hot oven twelve minutes. If individual shortcakes are preferred, roll, cut with a biscuit cutter, and bake quickly about fifteen minutes; split, and put filling between and on top.

442.—APPLE AND CRANBERRY SHORTCAKE

4 apples	½ cup sugar
½ cup cranberries	2 teaspoons cornstarch
½ cup water	2 tablespoons sultana raisins

A few gratings of orange peel

Core and slice apples, add cranberries and water; cook ten minutes, and press through a sieve; mix sugar and cornstarch, stir into fruit; add raisins and grated rind, and simmer ten minutes; spread between and on top of shortcake, and garnish with a few raisins.

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443.—BANANA SHORTCAKE

Prepare Shortcake (see No. 441), slice two small bananas over layer of hot shortcake, and sprinkle with lemon juice and powdered sugar; put on upper layer, cover with two more sliced bananas, sprinkle with lemon juice and sugar, and garnish with bits of jelly.

444.—DATE AND APPLE SHORTCAKE

½ pound dates
4 tart apples
½ cup water
⅓ cup sugar
¼ teaspoon nutmeg

Wash and stone dates, and cut in pieces; pare, core, and slice apples; simmer with dates, water, sugar, and nutmeg until thick enough to spread. Spread between and on top of Shortcake (see No. 441).

445.—PRUNE AND APPLE SHORTCAKE

1½ cups prunes
2 apples pared and chopped
⅓ cup sugar
2 teaspoons cornstarch
Grated rind of ½ lemon

Wash prunes and soak over night in cold water to cover; cook in same water until tender; remove stones and return to water in which they were cooked; add apple, and heat to boiling point; add sugar mixed with cornstarch, and grated rind; cook about ten minutes, or until thick. Prepare recipe for Shortcake (see No. 441), and put sauce between and on top.

446.—STRAWBERRY SHORTCAKE

Prepare Shortcake (see No. 441); hull one box of berries, and save out a few of the largest; mash the re-

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mainder, and add about one-half cup of sugar; pour half of berries over hot shortcake, put on second layer, and cover with remaining berries; garnish with large whole berries, and serve with or without plain cream. Blackberry, Raspberry, Currant, or Blueberry Shortcake may be made in the same way, the amount of sugar necessary depending upon the acidity of the fruit.

447.—ROULETTES

Use recipe for Baking Powder Biscuit (see No. 424), turn on floured board, roll out one-half inch thick, brush with soft butter, and spread with any of the following mixtures; then roll firmly like a jelly roll until dough is about two and one-half inches in diameter; cut in one-half-inch slices with a sharp knife, place on a greased sheet two inches apart, and bake in a hot oven twelve minutes.

Cheese Roulettes: Spread with four tablespoons of grated cheese seasoned with salt and cayenne.

Devilled Ham Roulettes: Spread lightly with devilled ham, or any finely chopped and well-seasoned meat.

Marmalade Roulettes: Spread lightly with any marmalade or jam.

Peanut Butter Roulettes: Spread with peanut butter and dust lightly with salt; sprinkle with salt before baking.

Raisin and Nut Roulettes: Spread with mixture of one-half cup of seeded and chopped raisins and one-fourth cup finely chopped nut meats.

Fruit Roulettes: Spread with currants, chopped citron, figs, dates, prunes, or candied ginger.

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CHAPTER XX

SANDWICHES AND TOASTS

448.—BAKED BEAN AND LETTUCE SANDWICHES

Press cold baked beans through a sieve; spread bread with butter, cover with a lettuce leaf, cover lettuce with beans, and sprinkle beans with chopped mustard pickle. Cover with a second piece of buttered bread. Brown bread or any dark bread may be used.

449.—CELERY AND EGG

1 cup chopped celery 1 hard-cooked egg
¼ cup mayonnaise

Put celery and egg through the food chopper, using finest cutter; add mayonnaise, and salt if necessary; spread between thin slices of buttered brown bread.

450.—CHEESE AND NUT SANDWICHES

Mix equal parts of grated American cheese and chopped nut meats; season with salt and cayenne, moisten with cream, and spread between thin buttered slices of bread.

451.—CHEESE CLUB SANDWICHES

Cut bread in half-inch slices, remove crusts, spread with Mustard Butter (see No. 459), cover with a lettuce leaf, spread with salad dressing, cover with cheese cut in thin slices, sprinkle with chopped mixed pickles, and cover

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with a second slice of bread spread with mustard butter. Cut in quarters diagonally.

452.—CHICKEN SANDWICHES (Open)

1 cup finely chopped chicken
½ teaspoon salt
Dash of cayenne
Dash of celery salt
¼ cup salad dressing

Season the chicken, add the dressing, and beat well. Butter circles of white bread, and spread with the chicken, mounding it in the center. Garnish with slices of pimolas.

453.—GIBLET SANDWICHES

Cook giblets until tender, put through food chopper, and mix with salad dressing. Spread between thin slices of buttered bread. A lettuce leaf may be added.

454.—HAM AND CHEESE SANDWICH (Hot)

Spread thin buttered slices of stale bread with finely chopped ham; cover with thin slices of American cheese; cover with another slice of bread spread with ham, and sauté in a little butter until brown. These sandwiches may be toasted if preferred.

455.—MARSHMALLOW SANDWICHES

Toast marshmallows and press while hot between ginger snaps, vanilla wafers, or butter thins.

456.—MOCK CRAB SANDWICHES

1 cup young America cheese cut fine
3 tablespoons milk
1 teaspoon anchovy paste
½ teaspoon paprika

Mix cheese to a paste with milk, anchovy, and paprika; spread between thin buttered slices of brown bread.

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457.—PEANUT SANDWICH FILLING

Put freshly roasted peanuts through the food chopper, using the finest cutter, season with salt, and mix to a smooth paste with cream; or dilute peanut butter with a little milk until of consistency to spread easily.

458.—RAISIN BREAD AND CHEESE SANDWICHES

Cut raisin bread in thin slices, and spread with Cottage Cheese (see No. 234) mixed to a paste with a little fruit juice or cream. Trim neatly and cut in triangles.

459.—MUSTARD BUTTER

¼ cup butter
1 teaspoon dry English mustard
A few drops of vinegar or lemon juice
A few grains of cayenne

Cream the butter, add the mustard and seasonings, and beat well.

460.—BREWIS

1 cup brown bread crumbled
1 cup white bread crumbled
1 cup milk
⅛ teaspoon salt
1 tablespoon butter

Put crumbled bread in a shallow pan in a slow oven until browned; put in a saucepan with milk, salt, and butter, and cook about ten minutes, beating well. Serve as cereal or dessert. Left-over corn bread or muffins may be used.

461.—BROWN BREAD TOAST WITH CHEESE AND BACON

Toast brown bread, or crisp in the oven, dip quickly into hot salted water, and arrange on serving dish. Make

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a Sauce for Cream Toast (see No. 464), add to it one-half cup of cheese cut fine, pour over toast, and put a piece of crisp bacon on each piece.

462.—CELERY TOAST

2 cups celery cut in half-inch pieces
3 cups hot stock or water
Salt
⅛ teaspoon pepper
⅓ cup flour
¼ cup milk
6 slices toast

Cook celery in stock or water about half an hour, or until tender; add salt (if necessary), pepper, and flour mixed to a paste with the milk; stir until thickened, and simmer fifteen minutes; pour over toast, and garnish with toast points and celery tips. Use the coarser unbleached pieces of celery for cooking.

463.—CREAM TOAST

Cut six slices of bread in halves, toast slowly, or put into a moderate oven until light brown and crisp, dip each piece into Sauce for Cream Toast (see No. 464), and put into a covered serving dish; pour over remaining sauce, and cover for two or three minutes before serving.

464.—SAUCE FOR CREAM TOAST

2 cups milk
3 tablespoons flour
¼ cup cold water
½ teaspoon salt
1 tablespoon butter

Scald the milk; mix the flour to a smooth paste with water, add to milk and stir until thickened; cook over hot water fifteen minutes, stirring occasionally; add salt and butter, and pour over toast.

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465.—CHEESE TOAST

To recipe for Cream Toast (see No. 463) add one-half cup of either soft cheese cut fine or grated cheese.

466.—CINNAMON TOAST

Cut stale bread into thin slices, remove crusts, and cut in halves; toast evenly, and spread first with butter, then with honey, and dust with cinnamon. Serve very hot.

467.—FRENCH TOAST

1 egg slightly beaten
¼ teaspoon salt
1 tablespoon sugar
¾ cup milk or coffee
4 slices bread

Mix egg, salt, sugar, and liquid in a shallow dish; soak bread in mixture, and cook on a hot, greased griddle until brown, turning when half cooked. Serve plain or spread with jam.

468.—GOLDENROD HAM TOAST

Follow recipe for Cream Toast (see No. 463); to the sauce add one-half cup finely chopped ham and the finely chopped whites of two hard-cooked eggs. When toast is in the serving dish, sprinkle with the hard-cooked yolks rubbed through a sieve.

469.—SUNDAY TOAST

Cut whole wheat bread into four one-inch slices, remove crusts, butter, and cut bread into three strips; mix one-third cup of brown sugar, one teaspoon of cinnamon, two tablespoons of seeded and chopped raisins, and a tablespoon of milk; spread paste on bread, and bake in a hot oven until brown. Serve hot.

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470.—TOMATO CREAM TOAST WITH EGG

½ can tomato
⅛ teaspoon salt
⅓ teaspoon soda
1 teaspoon sugar
4 tablespoons flour
⅓ cup cold water
⅔ cup hot milk
1 tablespoon butter
2 hard-cooked eggs
6 slices toast

Simmer tomato for fifteen minutes and press through a sieve; add salt, soda, and sugar; heat to boiling point, and thicken with flour mixed to a smooth paste with cold water; cook five minutes, and add hot milk and butter. Dip toast in sauce, place on platter, cover with remaining sauce, and garnish with egg cut into eighths lengthwise.

471.—TO FRESHEN STALE LOAF BREAD, ROLLS, MUFFINS, OR DOUGHNUTS

Dip quickly into cold water, put in a paper bag, fold top of bag firmly, and place in a hot oven until heated through.

472.—BUTTERED CRUMBS

Melt two tablespoons of butter, stir in one-half cup of coarse, dried bread crumbs until butter is absorbed.

473.—CROUSTADES

Cut stale bread in slices about an inch and a half thick, remove crusts, and cut in rounds, squares, triangles, or any shape desired; remove the centers, using a small, sharp knife, and leaving a wall one-third of an inch thick; brush with melted butter, and brown in oven; or fry, inverted, in hot, deep fat.

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474.—CROUTONS

Cut stale bread in one-third-inch slices, cut slices into cubes, and brown in the oven or fry in deep fat. Cold toast may be used instead of bread.

475.—CRISP STICKS

Cut stale bread in half-inch slices, remove crusts, spread lightly with butter, cut in half-inch sticks, and put in slow oven until light brown and crisp.

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CHAPTER XXI

GRIDDLE CAKES, WAFFLES, AND SIRUPS

476.—PLAIN GRIDDLE CAKES

1½ cups flour
3 teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
1 egg well beaten
1 tablespoon melted shortening
½ cup milk
¾ cup water

Mix and sift dry ingredients; add egg well beaten, shortening, and liquid; beat well, and cook on a hot griddle. The cakes should be small and should be served very hot with butter and sirup.

477.—SOUR MILK GRIDDLE CAKES

2 cups flour
½ teaspoon salt
1 teaspoon soda
2 teaspoons sugar
2 cups thick sour milk
1 egg well beaten

Mix and sift dry ingredients, add milk and egg, and beat well; cook the same as Plain Griddle Cakes (see No. 476).

478.—CORN MEAL GRIDDLE CAKES

1½ cups corn meal
½ cup flour
4 teaspoons baking powder
¾ teaspoon salt
1 tablespoon molasses
1 egg well beaten
¾ cup milk
¾ cup water
1 tablespoon melted shortening

Mix in order given, beat well, and cook on a hot, greased griddle. If all of the batter is not needed at once, cover

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what is left, and keep in a cold place; add one-half teaspoon of baking powder, and beat vigorously before using; or half of the recipe may be used and the extra half egg used in some other way.

479.—DRIED CRUMB GRIDDLE CAKES

1 cup dried and sifted bread crumbs
1 cup flour
½ teaspoon salt
4 teaspoons baking powder
2 tablespoons sugar
1 egg
1¼ cups milk

Mix and cook according to directions for Plain Griddle Cakes (see No. 476). Half milk and half water may be used.

480.—RICE GRIDDLE CAKES

1 cup cooked rice
1 egg well beaten
1 cup milk
1 cup flour
2 teaspoons baking powder
1 tablespoon sugar
½ teaspoon salt
Few gratings nutmeg

Mix rice and egg thoroughly with a fork, add milk, and dry ingredients mixed and sifted together; beat well, and cook the same as Plain Griddle Cakes (see No. 476).

481.—RAISED BUCKWHEAT CAKES

1 cup boiling water
½ teaspoon salt
1 tablespoon molasses
½ yeast cake
¼ cup lukewarm water
1 cup buckwheat flour
¼ cup white flour
½ teaspoon soda

Mix boiling water, salt, and molasses, and when lukewarm add yeast dissolved in lukewarm water; add gradually to flour, and beat well; let rise over night, add soda, beat well, and cook the same as Plain Griddle Cakes (see No. 476).

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482.—WAFFLES

1½ cups flour
½ teaspoon salt
3 teaspoons baking powder
1 teaspoon sugar
1 egg well beaten
1 cup milk
3 tablespoons melted shortening

Mix and sift dry ingredients; add egg, milk, and shortening, and beat well; cook in a hot, well-greased waffle iron.

483.—CORN MEAL WAFFLES

Follow recipe for Oatmeal Waffles (see No. 484), using one cup of corn meal mush in place of oatmeal.

484.—OATMEAL WAFFLES

1 cup cooked oatmeal
Yolks of 2 eggs
1 cup milk
2 tablespoons melted shortening
1 cup entire wheat flour
2 teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
Whites of two eggs

Mix oatmeal and yolks of eggs (which have been beaten very light) until there are no lumps in the mixture; add milk, shortening, and dry ingredients sifted together; beat well, and fold in the stiffly beaten whites of eggs. Cook in a hot, well-greased waffle iron.

485.—RICE WAFFLES

To recipe for Waffles (see No. 482) add one-half cup of cooked rice, mixing the rice thoroughly with the beaten egg before adding.

486.—BROWN SUGAR SIRUP

Boil one cup of brown sugar and one-half cup of water until the consistency of thick maple sirup. Serve hot or cold.

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487.—CIDER SIRUP

1½ cups cider 1 cup sugar

Heat cider, add sugar, and boil until a thick sirup is formed, skimming when necessary. Serve hot or cold.

488.—LEMON SIRUP

Boil one cup of sugar, one-half cup of water, and one tablespoon of lemon juice until the consistency of thick maple sirup; add one teaspoon of butter, and serve hot.

489.—ORANGE SIRUP

¾ cup orange juice 1 cup sugar
Grated rind ½ orange

Boil orange juice and sugar until mixture has the consistency of thick maple sirup, add rind, and serve hot or cold.

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CHAPTER XXII

CAKES AND COOKIES[1]

490.—APPLE SAUCE CAKE (without Butter, Eggs, or Milk)

1 cup unsweetened apple sauce	2 cups flour
½ cup melted shortening	¼ teaspoon salt
1 cup sugar	1 teaspoon cinnamon
1 teaspoon soda	½ teaspoon nutmeg
	¼ teaspoon clove

1 cup raisins seeded and chopped

Mix in order given, sifting dry ingredients together, beat well, pour into a deep pan, and bake about one hour in a slow oven.

491.—CANADA WAR CAKE (without Butter, Eggs, or Milk)

1 cup brown sugar	1 teaspoon cinnamon
¼ cup shortening	½ teaspoon mace
1 cup boiling water	¼ teaspoon clove
2 cups seeded raisins	1 teaspoon soda
½ teaspoon salt	2 cups flour

Mix sugar, shortening, water, raisins, and salt; boil five minutes; cool, and add spices, soda, and flour sifted together; beat well; pour into a greased, paper-lined bread pan, and bake in a slow oven one hour.

[1] The amount of soda in these recipes is based upon the use of old-fashioned jug molasses; canned molasses varies greatly in acidity and, especially when freshly opened, requires little or no soda. If canned molasses is used, therefore, baking powder should wholly or partly take the place of soda.

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492.—DATE CAKE

⅛ cup melted shortening
1¼ cups brown sugar
1 egg unbeaten
½ cup milk
1¾ cups flour
3½ teaspoons baking powder
½ teaspoon mace
1 cup dates stoned and chopped

Mix in order given, and beat vigorously for three or four minutes; bake in two layer-cake pans in a moderate oven for twenty-five minutes; when partly cool spread with tart jelly, and sprinkle top layer with powdered sugar.

493.—FUDGE CAKE

¼ cup shortening
1 cup brown sugar
1 square chocolate
1 egg well beaten
½ cup milk
1½ cups flour
3 teaspoons baking powder
¼ teaspoon salt

Cream shortening, add sugar, and beat well; add chocolate melted and egg; beat again; add milk; add flour, baking powder, and salt sifted together; beat for two minutes. Pour into two greased layer-cake pans, and bake in a moderate oven about eighteen minutes. Fill, and spread top with Fudge Filling (see No. 533).

494.—OLD-FASHIONED PORK CAKE

½ pound fat salt pork
1 cup boiling water
1 cup molasses
1 cup sugar
2 eggs beaten
½ pound raisins
½ pound currants
¼ pound citron shredded
1 nutmeg grated
2 teaspoons cinnamon
½ teaspoon cloves
½ teaspoon allspice
1 teaspoon soda
4 cups flour

Put pork through meat chopper, using finest cutter; add boiling water and let stand fifteen minutes; add molasses, sugar, eggs, and fruit, and mix well; add dry ingredients, which have been sifted together; beat well;

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pour into two deep greased and paper-lined pans; and bake in a slow oven two hours. This cake keeps well if stored in a covered stone crock. It may be reheated in the top of double boiler, and served hot with pudding sauce.

495.—ONE-EGG CAKE

2 tablespoons butter
½ cup sugar
1 egg
½ cup milk
1½ cups flour
2½ teaspoons baking powder
Grated rind of 1 lemon

Cream the butter, add the sugar and the well-beaten egg; beat thoroughly, add the other ingredients in the order given, and bake in a moderate oven about half an hour.

496.—ORANGE CAKE

¼ cup shortening
1 cup sugar
1 egg
½ cup milk
1½ cups flour
2½ teaspoons baking powder
Grated rind ½ orange

Cream the shortening, add sugar and egg well beaten; add milk, flour, baking powder, and rind; beat well, and bake in two layer pans about twenty minutes in a moderate oven. Fill and cover top with Orange Icing (see No. 527).

497.—PLAIN CAKE

⅓ cup shortening
1 cup sugar
2 eggs
½ cup milk
1⅔ cups flour
3 teaspoons baking powder
Few grains salt
½ teaspoon lemon extract

Beat shortening and sugar until light and creamy; add eggs well beaten, flour, baking powder, salt, and extract; beat well, pour into a greased and papered cake pan, and bake about half an hour in a moderate oven, or in two

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layer-cake pans about twenty minutes. This is an excellent foundation cake for use with various flavorings, icings, and fillings.

498.—SPICE CAKE (without Eggs)

⅓ cup shortening
1 cup sugar
1 cup sour milk
2 cups flour
1 teaspoon soda
1½ teaspoons cinnamon
¾ teaspoon nutmeg
¼ teaspoon cloves
¼ teaspoon salt
1 cup raisins seeded and chopped

Cream shortening and sugar, add sour milk; add dry ingredients sifted together; beat well; add raisins, pour into a greased shallow pan, and bake half an hour in a moderate oven. Dust with confectioners' sugar or cover with plain icing.

499.—WHITE CAKE

Whites of 2 eggs
Melted butter
Milk
1½ cups flour
3 teaspoons baking powder
⅞ cup sugar
½ teaspoon almond extract

Break the whites of eggs into a measuring cup; add melted butter to half fill cup; add milk to fill cup. Mix and sift flour, baking powder, and sugar; combine mixtures, add flavoring, and beat for five minutes. Bake in a shallow cake pan half an hour, or in muffin tins about twenty minutes, in a moderate oven.

500.—SPONGE CAKE (Hot Water)

Yolks of 2 eggs
¼ cup hot water
⅞ cup sugar
Grated rind 1 lemon
Whites of 2 eggs
1 cup flour
2 teaspoons baking powder
¼ teaspoon salt

Beat the yolks of eggs until thick and light, add the water and sugar, and beat three minutes with the egg

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beater; add the lemon rind and the whites stiffly beaten; sift flour, baking powder, and salt, and fold in carefully. Pour into a shallow greased pan. and bake in a moderate oven twenty-five minutes.

501.—VELVET SPONGE CAKE

2 eggs
1 cup sugar
⅛ teaspoon salt
¼ cup potato flour
½ cup pastry flour
2 teaspoons baking powder
Grated rind 1 lemon
⅓ cup hot milk

Beat eggs until very light, add sugar gradually, and continue beating with the egg beater; mix and sift salt, flour, and baking powder; add half to the eggs and sugar, and beat well; add rest of flour, and beat again; add rind and milk, and beat hard; pour into a deep pan, and bake forty minutes in a slow oven.

502.—CREAM PIE

Follow rule for Jelly Roll Cake (see No. 503); bake in two layers, and fill with Cream Filling (see No. 531).

503.—CAKE FOR JELLY ROLL OR CHARLOTTE RUSSE

2 eggs
1 cup powdered sugar
⅓ cup hot water
1 cup flour
1½ teaspoons baking powder
¼ teaspoon salt

Beat the eggs very light, add sugar gradually, and continue beating; add water, flour, baking powder, and salt. Pour into a greased, paper-lined dripping pan and bake in a moderate oven about fifteen minutes. The cake should be about half an inch thick when baked. Trim off the edges, spread with jam or jelly, and roll firmly; wrap in

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a paper napkin to keep in shape. For Charlotte Russe cut cake into pieces to fit paper cases, and fill with Charlotte Russe Mixture (see No. 562).

504.—CHOCOLATE MARSHMALLOW ROLL

To recipe for Jelly Roll (see No. 503) add two squares of melted chocolate. Bake as for jelly roll, trim edges, spread with Marshmallow Filling (see No. 534), and roll the same as jelly roll.

505.—HOT WATER GINGERBREAD (without Egg)

¼ cup shortening
1 cup dark molasses
½ cup boiling water
2 cups bread flour
1 teaspoon soda
½ teaspoon salt
1½ teaspoons ginger
½ teaspoon cinnamon

Mix shortening, molasses, and water; add dry ingredients sifted together, and beat well. Pour into greased muffin pans and bake in a moderate oven twenty minutes; or pour into a greased shallow pan and bake twenty-five minutes.

506.—HOT WATER GINGERBREAD (with Egg)

⅓ cup beef drippings
⅔ cup boiling water
1 cup dark molasses
1 egg well beaten
2¾ cups flour
1 teaspoon soda
½ teaspoon salt
1½ teaspoons ginger

Pour boiling water over shortening, add molasses and egg; mix and sift dry ingredients, add to first mixture, and beat well. Pour into a shallow, greased cake pan, and bake in a moderate oven twenty-five minutes.

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507.—SOUR MILK GINGERBREAD

2 cups flour
1½ teaspoons soda
1 teaspoon ginger
¼ teaspoon salt
1 cup molasses
1 cup thick sour milk
1 egg well beaten

Mix and sift dry ingredients, add molasses, milk, and egg, and beat well; pour into a greased pan, and bake in a moderate oven twenty-five minutes.

508.—GINGER APPLE CAKE

Follow any recipe for gingerbread, bake in two layers, and put Apple Filling (see No. 529) between layers and on top.

509.—GINGER GEMS

½ cup molasses
¼ cup brown sugar
¼ cup shortening
½ cup boiling water
1 beaten egg
1½ cups flour
1 teaspoon soda
1 teaspoon ginger
½ teaspoon cinnamon
¼ teaspoon salt

Mix in order given, sifting the dry ingredients together; beat well, pour into greased muffin tins, and bake in a moderate oven twenty minutes.

510.—BRAN DROP COOKIES

1 cup bran
½ cup flour
¼ teaspoon salt
¼ teaspoon soda
½ teaspoon cinnamon
¼ teaspoon clove
¼ cup molasses
¼ cup sugar
¼ cup melted shortening
¼ cup milk

Mix in order given, drop from tablespoon, two inches apart, on greased pan, and bake in a hot oven twelve minutes.

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511.—CHEESE DROPS

2 tablespoons butter
¼ cup grated cheese
¼ cup dried and sifted crumbs
¼ teaspoon salt
⅛ teaspoon paprika
⅛ teaspoon mustard
Few grains cayenne
Whites of 2 eggs

Cream butter and cheese together; mix crumbs with seasonings and add to cheese; fold in the stiffly beaten whites of eggs. Drop from a teaspoon on a greased baking sheet about two inches apart, and bake in a moderate oven about twelve minutes. Serve with soup or salad.

512.—CHEESE WAFERS

1 cup flour
¼ teaspoon salt
½ teaspoon paprika
1 tablespoon shortening
½ cup grated cheese
¼ cup cold water

Mix and sift flour, salt, and paprika; rub in shortening with finger tips; add cheese and mix to a stiff paste with cold water; roll out very thin, cut with a small round cutter, place on a greased baking sheet, and bake in a moderate oven five or six minutes. Serve with salad or soup.

513.—CHOCOLATE COOKIES

2 squares chocolate
½ cup shortening
1 cup brown sugar
1 egg well beaten
¼ cup milk
2 cups flour
2½ teaspoons baking powder
½ teaspoon salt
½ teaspoon cinnamon

Put chocolate with shortening in mixing bowl and place over hot water until melted; add other ingredients in order given. Chill, roll thin, and cut with fancy cutter. Bake in a moderate oven about ten minutes.

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514.—GINGER WAFERS

½ cup shortening
1 cup brown sugar
2¼ cups bread flour
½ teaspoon soda
¼ teaspoon salt
1¼ teaspoons ginger
½ cup milk

Cream shortening and sugar; sift soda, salt, and ginger with flour, and add alternately with milk; chill; roll thin on baking sheet; mark in squares, and bake in a moderate oven eight or ten minutes. Remove from pan while warm.

515.—MARSHMALLOW WAFERS

Arrange thin crackers or wafers on a baking sheet, place a marshmallow on each one, and bake in a moderate oven for a few minutes until marshmallows melt; into each one press half a nut meat, raisin, cherry, or a bit of candied fruit.

516.—MOLASSES BROWNIES

⅓ cup shortening
⅓ cup sugar
⅓ cup molasses
2 squares melted chocolate
1 beaten egg
½ teaspoon baking powder
1 cup flour
¾ cup chopped nut meats

Cream the shortening, add other ingredients in order given, drop from spoon on greased pan, and bake about twelve minutes in a moderate oven.

517.—OATMEAL MACAROONS

1 egg
½ cup sugar
1 tablespoon melted butter
1 cup rolled oats
⅓ cup shredded coconut
½ teaspoon salt

Beat egg until light, add other ingredients in order given, beat well, and drop from spoon on greased pan; bake about fifteen minutes in a moderate oven.

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518.—PEANUT MACAROONS

White of 1 egg
⅛ teaspoon salt
1 cup powdered sugar
1 cup finely chopped peanuts

Add salt to the egg, and beat until stiff; add sugar and nuts, and mix well; drop from a teaspoon on a greased baking sheet two inches apart, and bake in a slow oven about fifteen minutes.

519.—RAISIN DROP COOKIES

3 tablespoons shortening
½ cup brown sugar
1 egg well beaten
2 tablespoons milk
1 cup flour
2 teaspoons baking powder
1 teaspoon cinnamon
½ cup raisins seeded and chopped

Cream the shortening and sugar; add egg and milk, and beat well; add flour, baking powder, and cinnamon sifted together; add raisins; beat well, drop from a teaspoon two inches apart on a greased baking sheet, and bake in a moderate oven about twelve minutes.

520.—WALNUT WAFERS

2 eggs
1 cup brown sugar
½ cup flour
¼ teaspoon cinnamon
¼ teaspoon salt
½ teaspoon baking powder
¾ cup chopped nut meats

Beat eggs until light; add sugar, and beat well; add dry ingredients sifted together; beat well, add nuts, pour into a greased dripping pan, and bake in a moderate oven about ten minutes. Cut in squares while hot. Mixture may be baked in tiny scalloped tins if preferred.

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CHAPTER XXIII

ICINGS AND FILLINGS

521.—BOILED ICING[1]

⅓ cup boiling water
1 cup sugar
⅛ teaspoon cream of tartar
White of 1 egg
1 teaspoon vanilla

Boil water and sugar to 240° F., or until the sirup forms soft ball when tried in cold water; add cream of tartar and vanilla, and pour slowly upon the stiffly beaten white of egg, beating constantly until thick enough to spread without running. For caramel flavor melt one-third of the sugar first.

522.—CARAMEL ICING

1 cup brown sugar
⅓ cup milk
1 teaspoon butter
Few grains salt

Put ingredients in saucepan, and boil to 240° F., or until a soft ball can be formed when tested in cold water. Beat until creamy, and spread while warm. Chopped nut meats may be added.

523.—CHOCOLATE ICING

2 squares chocolate
¼ cup boiling water
Confectioners' sugar
½ teaspoon vanilla

Melt chocolate, add boiling water, and mix well; add confectioners' sugar until of right consistency to spread; add vanilla and beat well. Coffee may be used in place of water.

[1] The sirup should be boiled in a small saucepan; otherwise the bulb of the thermometer will not be covered.

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524.—COCOA ICING

1 tablespoon butter
2 tablespoons milk
2 tablespoons cocoa
Confectioners' sugar

Heat butter and milk in a saucepan, remove from fire, add cocoa, and enough confectioners' sugar to thicken. About one cup of sugar will be required.

525.—COFFEE ICING

Follow directions for Boiled Icing (see No. 521), using strong coffee in place of water. Or to recipe for Quick Icing (see No. 528) or Cream Icing (see No. 526) add one teaspoon of instantaneous coffee.

526.—CREAM ICING

1¼ cups confectioners' sugar
Heavy cream
¼ teaspoon vanilla

Sift sugar and add cream until of right consistency to spread (about two tablespoons); add flavoring, and beat well.

527.—ORANGE ICING

Juice of ½ orange
Grated rind of ¼ orange
Confectioners' sugar

Mix sugar with orange juice and rind until icing is firm enough to spread.

528.—QUICK ICING

1 tablespoon butter
2 tablespoons boiling water
Confectioners' sugar
¼ teaspoon flavoring

Pour boiling water over butter; stir in sugar enough to thicken; add extract, and beat well before spreading. (A little more than one cup of sugar will usually be required.)

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529.—APPLE FILLING

3 baked apples
White of 1 egg
1 cup confectioners' sugar

Press apples through a sieve; beat white of egg until stiff; add half of sugar, and beat well; add apple and remaining sugar gradually, and beat until very light. Spread between layers and on top of cake. Two tablespoons of tart jelly may be beaten with the apple.

530.—COFFEE CREAM FILLING

Follow recipe for Cream Filling (see No. 531), but use one-half cup strong coffee in place of one-half cup of milk. Or add one teaspoon of instantaneous coffee to the recipe.

531.—CREAM FILLING

1½ cups milk
1 cup sugar
¼ cup cornstarch
⅛ teaspoon salt
1 egg slightly beaten
1 teaspoon flavoring

Scald milk, mix sugar, cornstarch, salt, and egg; add to milk, and cook over hot water, stirring constantly until mixture thickens; cook fifteen minutes, stirring occasionally. Cool and flavor before spreading.

532.—DATE AND FIG FILLING

1 cup figs
1 cup dates
½ cup sugar
½ cup boiling water
Juice ½ lemon

Wash, dry, and chop figs; wash, dry, stone, and chop dates; mix fruit with sugar, water, and lemon juice, and cook over hot water until thick enough to spread.

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533.—FUDGE FILLING

1½ cups brown sugar	⅓ cup milk
1 tablespoon butter	Few grains salt
1 square chocolate	½ cup nut meats chopped

Put sugar, butter, chocolate, milk, and salt in a saucepan; heat slowly to boiling point, and boil to 240° F., or until a soft ball can be formed when tested in cold water; remove from fire, add nuts, and beat until smooth and creamy.

534.—MARSHMALLOW FILLING

1 cup sugar	½ pound marshmallows
⅓ cup boiling water	1 teaspoon vanilla

Boil sugar and water to 240° F., or until a soft ball can be formed when tested in cold water; soften marshmallows over hot water, add sirup, and when partly cooled add vanilla and beat until stiff enough to spread. Chopped nuts, dates, figs, raisins, or candied fruits may be added.

535.—MOCHA FILLING

2 tablespoons hot black coffee	2 tablespoons cocoa
	½ teaspoon vanilla
1 tablespoon butter	1 cup confectioners' sugar

Mix coffee, butter, cocoa, and vanilla, and add sugar enough for mixture to spread without running.

536.—ORANGE FILLING

½ cup sugar	½ cup orange juice
3 tablespoons flour	1 beaten egg
Grated rind ½ orange	1 teaspoon butter

Mix sugar, flour, and rind in the top of double boiler, add orange juice, egg, and butter, and cook over hot water for twelve minutes, stirring often.

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537.—PRUNE FILLING

To recipe for Boiled Icing (see No. 521) add two-thirds of a cup of cooked prunes which have been stoned and cut in small pieces, and the chopped meats from six of the prune stones. Spread between layers of cake.

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CHAPTER XXIV

HOT DESSERTS

538.—APPLE ROULETTES

Use recipe for Baking Powder Biscuit (see No. 424); roll dough very thin, brush with melted butter, and spread with one cup of chopped apple, mixed with one-fourth cup of sugar, and one teaspoon of cinnamon; roll firmly like a jelly roll, cut in three-fourths-inch slices, place in buttered pan, and bake in a hot oven fifteen minutes. Serve with hot liquid sauce.

539.—DUTCH APPLE CAKE

1½ cups flour
3 teaspoons baking powder
½ teaspoon salt
3 tablespoons sugar
1 egg
½ cup milk
2 tablespoons melted shortening
3 apples
2 tablespoons sugar
¼ teaspoon cinnamon

Sift together flour, baking powder, salt, and sugar; add egg well beaten, milk, and shortening; beat well, and spread in a greased pan, having mixture about an inch deep; core, pare, and quarter apples, cut in thick slices, and arrange in rows on top of cake; sprinkle with sugar and cinnamon, and bake in hot oven half an hour. Serve with liquid sauce.

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540.—STEAMED APPLE PUDDING

6 apples
½ cup sugar
½ teaspoon nutmeg
1½ cups flour
3 teaspoons baking powder
½ teaspoon salt
2 tablespoons shortening
¾ cup milk

Pare, core, and slice apples; place in a greased pudding dish, and sprinkle with sugar and nutmeg mixed. Sift flour, baking powder, and salt; rub in shortening with finger tips, and mix with milk; spread over apples, and steam for one hour. Turn out of dish, and serve with apples on top. Serve with Soft Sauce (see No. 617).

541.—BANANA TOAST

Mash and sweeten bananas, heap on rounds of buttered toast, and heat in oven. Serve hot with cream or rich milk. Garnish with split cherries, nuts, or bits of jelly.

542.—BLACKBERRY PUDDING

Add one cup of blackberries to recipe for Cottage Pudding (see No. 549) and serve with Blackberry Sauce (see No. 618).

543.—BLUEBERRY PUDDING

To recipe for Cottage Pudding (see No. 549) add one cup of blueberries.

544.—BROWN BETTY

2 cups soft bread crumbs
4 tablespoons butter
4 apples
⅓ cup brown sugar
½ teaspoon cinnamon
¼ teaspoon clove
¼ teaspoon nutmeg
2 tablespoons molasses
2 tablespoons hot water
¼ teaspoon salt

Mix crumbs with melted butter; pare, core, and slice apples; mix sugar and spices; arrange crumbs and apple

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in layers in a greased baking dish, sprinkle each layer with sugar; mix molasses, water, and salt, and pour over all. Bake slowly for an hour and a half.

545.—BAKED CRANBERRY PUDDING

2 cups soft bread crumbs
¼ cup butter
1 cup chopped cranberries
1 cup sugar
½ cup sultana raisins
¼ cup boiling water

Mix crumbs with melted butter; add cranberries, sugar, and raisins, and put into a greased baking dish; add water, and bake in a slow oven one hour. Serve with Soft Sauce (see No. 617).

546.—BAKED INDIAN PUDDING

2 cups boiling water
1 teaspoon salt
5 tablespoons fine corn meal
3 cups hot milk
¼ cup molasses
½ teaspoon ginger

Add salt to boiling water, sift in corn meal very slowly, and boil ten minutes, stirring often; add milk, molasses, and ginger, pour into a greased earthen dish, and bake very slowly for three hours. Serve with rich milk, cream, or Ginger Sauce (see No. 611).

547.—CARAMEL TOAST PUDDING

¾ cup sugar
2 slices toast
2 cups hot milk
1 tablespoon butter
¼ teaspoon salt
½ teaspoon nutmeg
1 egg

Caramelize sugar; cut each slice of toast in quarters, dip in caramel, and arrange in baking dish; add milk to caramel remaining in pan, and stir until dissolved;

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add butter, salt, nutmeg, and egg slightly beaten; pour over toast, and bake in slow oven about half an hour. Serve with cream, rich milk, or liquid sauce.

548.—STEAMED CHOCOLATE PUDDING

½ cup sugar
1 tablespoon melted butter
1 beaten egg
½ cup milk
⅛ teaspoon salt
1 cup flour
1½ teaspoons baking powder
½ teaspoon cinnamon
1 square melted chocolate

Mix in order given, put in pudding mold, cover closely, and steam one hour. Serve with cream or Soft Sauce (see No. 617).

549.—COTTAGE PUDDING

¼ cup shortening
½ cup sugar
1 egg
¾ cup milk
2 cups flour
4 teaspoons baking powder
¼ teaspoon salt

Cream the butter; add the sugar and the well-beaten egg, and beat well; add the milk and then the flour, baking powder, and salt, which have been sifted together; beat again, and bake in hot oven in pudding dish about half an hour, or in individual tins about twenty minutes. Serve with hot liquid sauce.

550.—STEAMED FIG PUDDING

½ cup shortening
½ cup sugar
1 egg well beaten
1 cup milk
½ cup molasses
2½ cups flour
5 teaspoons baking powder
1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon salt
1 pound figs chopped
¼ cup currants
½ cup flour

Mix shortening and sugar, and beat until creamy; add egg, milk, and molasses, add two and a half cups of flour

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sifted with baking powder, spices, and salt; beat well; add figs and currants mixed with one-half cup of flour. Pour into a greased mold, and steam three hours, or pour into greased one-pound baking powder boxes, and steam an hour and three-quarters. Serve with Cranberry Sauce (see No. 606) or Currant Jelly Sauce (see No. 608). This pudding keeps well and can be reheated in the top of the double boiler.

551.—STEAMED FRUIT PUDDING

1 egg well beaten
1 cup molasses
½ cup water
2 tablespoons melted shortening
1½ cups flour
½ teaspoon soda
½ teaspoon salt
1 teaspoon cinnamon
¼ teaspoon clove
½ teaspoon mace
¾ cup raisins seeded and chopped
¼ cup currants

Mix egg, molasses, water, and shortening; add dry ingredients sifted together; add fruit; mix well, pour into greased one-pound baking powder boxes, and steam an hour and three-quarters. Serve with a tart sauce. One cup of dates, stoned and cut in pieces, may be used instead of raisins and currants.

552.—MOCK INDIAN PUDDING

2 slices bread buttered
2 cups milk
½ cup molasses
⅓ cup sugar
¼ teaspoon cinnamon
¼ teaspoon salt

Butter two slices bread cut three-quarters of an inch thick, put into buttered baking dish, and pour over the bread the rest of the ingredients mixed together. Bake one and a half hours in a slow oven.

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553—INDIAN TAPIOCA PUDDING

⅓ cup pearl tapioca
2 cups boiling water
1½ teaspoons salt
¼ cup corn meal
½ cup molasses
1 tablespoon butter
¼ teaspoon cinnamon
3 cups hot milk

Soak tapioca in cold water for one hour, and drain; add salt to boiling water, sift in corn meal, and boil ten minutes, stirring often; add tapioca and other ingredients, pour into a greased earthen dish, and bake slowly for two hours.

554.—PEACH DUMPLINGS

Cover halves of preserved peaches with Shortcake Dough (see No. 441) rolled thin; bake in hot oven, and serve with hot peach sirup and hard sauce.

555.—BAKED RICE CUSTARD

1 cup cooked rice
2 eggs
⅓ cup sugar
Pinch of salt
1½ cups milk
½ teaspoon lemon extract

Mix in order given and bake about twenty minutes in a moderate oven. Serve hot or cold with cream or rich milk.

556.—BAKED RICE PUDDING

½ cup rice
2 cups milk
2 cups boiling water
¼ cup sugar
½ teaspoon salt
½ nutmeg grated
1 cup raisins seeded and chopped

Wash rice, mix with other ingredients, pour into a greased baking dish, and bake slowly for three hours. Stir occasionally during first hour of baking to prevent

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rice and fruit from settling. Serve with rich milk or cream.

557.—MULLED RICE

½ cup rice
2 cups hot milk
1 tablespoon butter
2 tablespoons sugar
¼ teaspoon salt
1 egg
½ teaspoon nutmeg
2 tablespoons grape juice

Wash rice, and cook with milk, butter, sugar, and salt in double boiler until tender; beat egg, add nutmeg and grape juice, stir into rice, and cook five minutes. Serve with cream or rich milk.

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CHAPTER XXV

COLD DESSERTS

558.—BANANA ROYAL

4 bananas
¼ cup currant jelly
¼ cup powdered sugar
4 slices of French Toast (see No. 467) or stale sponge cake

Force bananas and jelly through potato ricer or a sieve, add sugar, and heap on French toast or sponge cake. Or line individual glasses with lady fingers and fill with banana mixture.

559.—BANANA WHIP

4 bananas
4 tablespoons grape juice or jelly
4 tablespoons powdered sugar
Whites of 2 eggs

Peel and scrape bananas, force through a sieve; add grape juice, sugar, and stiffly beaten whites of eggs; pile lightly in individual glass dishes, garnish with bits of jelly, and serve at once. All materials should be very cold.

560.—BANANA AND GRAPE JUICE JELLY

½ box gelatine
½ cup grape juice
2½ cups boiling water
¼ cup strained lemon juice
¾ cup sugar
2 large bananas

Soak gelatine in grape juice five minutes; dissolve in boiling water, add lemon juice and sugar. When jelly begins to stiffen, beat with egg beater, and add the bananas pressed through a sieve.

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561.—BLACKBERRY MOLD

1 quart blackberries
½ cup sugar
¼ teaspoon salt
2 cups water
¾ cup farina

Heat berries, sugar, salt, and water, and when boiling add farina slowly. Cook over hot water half an hour, turn into a mold, and serve cold with cream. Blueberries, either fresh or canned, may be used in place of blackberries.

562.—CHARLOTTE RUSSE FILLING

1½ cups thin cream
1½ teaspoons gelatine
2 tablespoons cold milk
¼ cup hot milk
3 tablespoons powdered sugar
½ teaspoon vanilla

Whip the cream with a whip churn; skim off the froth as it rises, and place in a fine sieve to drain; soak gelatine in cold milk, dissolve in hot milk, add sugar and flavoring. Stir occasionally until mixture begins to stiffen; then fold in the whip from the cream.

563.—CHOCOLATE BLANCMANGE

2 cups hot milk
4 tablespoons cornstarch
¼ teaspoon salt
¼ teaspoon cinnamon
¼ cup sugar
1½ squares chocolate melted
Whites 2 eggs

Scald milk; mix cornstarch, salt, cinnamon, and sugar; add slowly to milk, and cook over hot water until thickened, stirring constantly; add chocolate and cook for fifteen minutes, stirring occasionally; fold in the stiffly beaten whites of eggs, and turn into individual molds to chill.

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564.—COCONUT AND ORANGE JELLY

½ box gelatine
½ cup cold water
1 cup hot milk
¼ cup orange marmalade
⅓ cup sugar
1 can coconut
Cold milk

Soak gelatine in cold water for five minutes; dissolve in hot milk; add marmalade and sugar; drain one can of coconut, and add to coconut milk enough cold milk to make one and a half cups; mix with jelly, add coconut, and pour into a mold to chill.

565.—COFFEE CARAMEL CUSTARDS

½ cup sugar
1 cup milk
1 cup strong coffee
2 eggs
Few grains salt

Put sugar in smooth saucepan, and stir over fire until a light-colored caramel is formed. (Avoid burning.) Heat milk and coffee, add to caramel, and keep over hot water until caramel is dissolved; add eggs slightly beaten and salt; strain into cups, and bake in slow oven until firm.

566.—COFFEE JUNKET

2 cups lukewarm milk
¼ cup sugar
1 teaspoon instantaneous coffee
Few grains salt
½ junket tablet
1 teaspoon cold water

Mix milk, sugar, coffee, and salt; stir until sugar is dissolved; dissolve junket tablet in cold water, add to milk, and pour into glasses. If milk is overheated junket will not be firm.

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567.—CRANBERRY WHIP

Follow recipe for Prune Whip (see No. 574), using one cup of strained cranberry sauce instead of prunes.

568.—SOFT CUSTARD

2 cups milk
Yolks of 2 eggs
¼ cup sugar
Few grains salt
1 teaspoon cornstarch
½ teaspoon vanilla

Scald the milk; mix sugar, salt, and cornstarch, add to beaten egg yolks, and stir into the hot milk; cook over hot water ten minutes, stirring constantly until thickened; beat with egg beater; strain, cool, and add vanilla. To vary the flavor, the sugar may be caramelized, or other extracts may be used. Serve in glasses with a meringue made of the whites of eggs beaten stiff and sweetened with two tablespoons of sugar. Garnish with dots of red jelly.

569.—COFFEE AND RICE JELLY

½ box gelatine
½ cup cold coffee
2 cups hot strong coffee
1 cup milk
¾ cup sugar
1 cup cooked rice

Soak gelatine in cold coffee five minutes; add hot coffee and stir until dissolved; add milk and sugar; chill, and, when beginning to stiffen, beat with egg beater, add rice, and turn into a mold.

570.—FRUIT CREAM

2 bananas
1 orange
½ lemon
⅓ cup powdered sugar
1 tablespoon granulated gelatine
¼ cup boiling water
1 cup cream whipped

Press bananas through a sieve; add juice and pulp of orange, juice of lemon, sugar, and gelatine which has

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been dissolved in hot water. Stir over ice water until mixture begins to stiffen, then fold in the cream. Put in mold and chill.

571.—SPICED FRUIT JELLY

6 apples
½ cup cranberries
¾ cup boiling water
1 cup sugar
1 tablespoon gelatine
¼ cup cold water
½ teaspoon cinnamon
¼ teaspoon clove

Core and slice apples, and cook with cranberries and boiling water fifteen minutes; press through a sieve, add sugar, gelatine dissolved in cold water, and spice. Stir until sugar is dissolved, pour into a mold, and put in a cool place until firm.

572.—FRUIT WHIP (Uncooked)

4 tart apples grated
4 figs chopped
8 dates stoned and chopped
2 tablespoons fruit jelly
Whites of 2 eggs

Mix fruit; mash jelly with a fork; add to fruit, and fold in the stiffly beaten whites of eggs. Serve in glasses, and garnish with bits of jelly.

573.—PINEAPPLE PUDDING

Follow recipe for Chocolate Blancmange (see No. 563), omitting chocolate and cinnamon, and adding one-half can of grated pineapple.

574.—PRUNE WHIP

Press cooked and stoned prunes through a sieve; to one cup of prune pulp add two tablespoons of sugar; beat the

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whites of two eggs very stiff; add prune mixture gradually, and beat well with a strong egg beater; when light turn into a small greased baking dish or into four individual dishes, and bake in a slow oven about twenty minutes, or until firm. Serve plain or with a custard sauce made from the yolks of the eggs.

575.—PRUNE AND WHEAT MOLD

1 cup prunes
Boiling water
¼ teaspoon salt
½ cup Cream of Wheat

Wash prunes, soak over night; cook in same water until tender, and remove the stones; measure prunes and juice, and add boiling water to make one quart; add salt; slowly sift in wheat, and cook over hot water for half an hour, stirring often at first; turn into a mold to cool.

576.—JELLIED PRUNES AND CRANBERRIES

1 cup prunes
Boiling water
1 cup cranberries chopped
1 cup sugar
½ box gelatine
½ cup cold water

Wash prunes, and soak over night in water to cover; cook until soft in same water; drain, measure juice, and add enough boiling water to make three cups; put cranberries in a colander and rinse off the seeds with running water; drain, and add to water; add sugar, and cook ten minutes; add the gelatine soaked in cold water; stone the prunes, cut in quarters, and add to cranberries; turn into a mold, and chill.

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577.—RICE MOLD

1 cup rice
2 quarts boiling water
1 tablespoon salt
Juice of 1 orange
Grated rind of ½ orange
¾ cup powdered sugar
2 tablespoons grape juice

Cook rice in boiling salted water until tender; drain; mix with orange, sugar, and grape juice; press into a mold, and chill; turn out of mold, and serve with cream.

578.—SEA MOSS BLANCMANGE

¼ cup sea moss
1 quart milk
¼ cup sugar
¼ teaspoon salt
1 teaspoon vanilla

Soak moss in lukewarm water for ten minutes; lift carefully from the water so as not to disturb any sand which may have settled; rinse moss, drain well, add to hot milk, and cook in double boiler for half an hour. Strain through a fine sieve, add sugar, salt, and vanilla, and turn into a mold until firm. Serve with crushed berries, sliced bananas, or stewed fruit.

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CHAPTER XXVI

FROZEN DESSERTS

579.—TO FREEZE ICES

Use one measure of freezing salt to three measures of finely cracked ice for ice cream, sherbet, and all mixtures which are to be churned. Freeze slowly, remove dasher, pack solidly, add fresh salt and ice, and let stand for an hour before serving. To freeze mousse, bombe, and all unchurned mixtures, pack in equal parts of salt and ice, and let stand three hours.

580.—FROZEN CUSTARD

1 quart milk
2 eggs
1 cup sugar
2 teaspoons cornstarch
1 tablespoon vanilla
Few grains salt

Scald milk; beat eggs slightly, add sugar mixed with cornstarch, and stir into milk; cook over hot water for twelve minutes, stirring constantly at first. Cool, add vanilla and salt, and freeze. Part cream may be used to advantage, or one can of evaporated milk with enough fresh milk added to make one quart.

581.—CHOCOLATE ICE CREAM

Follow recipe for Vanilla Ice Cream (see No. 589), adding two and a half squares of chocolate to the custard before cooking.

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582.—COCOA ICE CREAM

1 pint milk
2 inches stick cinnamon
1 cup sugar
½ cup cocoa
Few grains salt
1 teaspoon cornstarch
1 egg beaten
1 pint cream
1 teaspoon vanilla

Scald milk with cinnamon; mix sugar, cocoa, salt, cornstarch, and egg, and cook with milk until slightly thickened; cool, remove cinnamon, add cream and vanilla, and freeze.

583.—COFFEE ICE CREAM

1 can evaporated milk
1 cup boiling water
½ cup sugar
2 teaspoons instantaneous coffee

Add boiling water to milk, and cool; add sugar and flavoring, and freeze. Serve in glasses and garnish with whipped cream.

584.—MINT ICE CREAM

1 quart thin cream
½ pound mint stick candy
White of 1 egg

Put half of cream in double boiler with candy, and heat until candy is dissolved. Cool, add the remainder of cream whipped, and the white of egg beaten stiff; freeze; and serve in glasses garnished with small green mint candies.

585.—ORANGE VELVET CREAM

1 cup sugar
1 cup water
Whites of 2 eggs
1 cup orange juice
Juice of 1 lemon
1 pint cream whipped

Boil sugar and water until it threads; cool slightly and add gradually to the stiffly beaten whites of eggs, beating

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steadily for three minutes; add fruit juice, and when cool fold in cream. Freeze, and serve in glasses garnished with candied orange peel and a few mint leaves.

586.—PHILADELPHIA ICE CREAM

1 quart thin cream
¾ cup sugar
Few grains salt
1 tablespoon flavoring

Mix and freeze.

587.—PRUNE ICE CREAM

1½ cups hot milk
2 eggs slightly beaten
½ cup brown sugar
1 cup cream
2 cups cooked prunes

Cook milk, eggs, and sugar over hot water until thickened, stirring constantly; when cool add cream, prunes stoned and pressed through a sieve, and freeze. Undiluted, unsweetened, evaporated milk may be used in place of cream.

588.—STRAWBERRY ICE CREAM

1 quart strawberries
1½ cups sugar
1 quart thin cream

Mash strawberries, add sugar, let stand an hour, and press through a sieve; add cream, and freeze.

589.—VANILLA ICE CREAM

1 pint milk
1 cup sugar
2 eggs
Few grains salt
1 pint cream
1 tablespoon vanilla

Scald milk, add sugar, salt, and eggs slightly beaten; cook over hot water until mixture coats spoon; cool; add cream and vanilla, and freeze.

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590.—CANTON GINGER SHERBET

½ cup Canton ginger
1 cup sugar
3½ cups boiling water
Juice of 1 orange
Juice of ½ lemon
White of 1 egg

Put ginger through the food chopper, using finest cutter; add sugar and water, and boil fifteen minutes; add fruit juice; cool, and freeze. When nearly frozen, add the stiffly beaten white of egg.

591.—CIDER FRAPPÉ

1 quart sweet cider
1 cup sugar
Juice of 3 oranges
Juice of 1 lemon

Mix cider, sugar, and strained fruit juice; freeze to a mush, and serve in frappé glasses with the roast.

592.—CRANBERRY AND RAISIN SHERBET

3 cups cranberries
1 cup seeded raisins
1½ cups water
1½ cups sugar
White of 1 egg

Cook cranberries, raisins, and water ten minutes; press through a sieve, add sugar, and freeze; when nearly frozen add the stiffly beaten white of egg, and continue freezing until stiff and smooth.

593.—FRUIT SHERBET

1 cup sugar
1 cup water
1 teaspoon gelatine
2 tablespoons cold water
Juice of 1 orange
Juice of 1 lemon
¾ cup grated pineapple
1 banana peeled and mashed

Boil sugar and water five minutes, add gelatine soaked in cold water, and stir until dissolved; add fruit; cool, and freeze.

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594.—GRAPE BOMBE

Line a mold with Grape Sherbet (see No. 595), fill with Charlotte Russe Filling (see No. 562) to within one inch of top, cover with sherbet, and pack in salt and ice for three hours.

595.—GRAPE SHERBET

1 cup sugar
1 cup water
1 teaspoon gelatine
2 tablespoons water
1 cup grape juice
Juice of 1 lemon

Boil sugar and water five minutes; soak gelatine in cold water five minutes and add to sirup; add fruit juice, cool, and freeze. Serve in glasses with or without whipped cream garnish.

596.—JELLY SHERBET

1 teaspoon gelatine
½ cup cold water
2 glasses jelly
1½ cups boiling water
White of 1 egg

Put gelatine and cold water in the top of double boiler; let stand five minutes; add jelly and boiling water, and stir until jelly is dissolved; when cool, freeze; when nearly frozen add the stiffly beaten white of egg. This is economical if home made jelly can be used.

597.—PINEAPPLE SHERBET

⅔ cup sugar
2 cups boiling water
½ can grated pineapple
Juice of 1 lemon
White of 1 egg

Boil sugar and water for fifteen minutes, add pineapple, and lemon juice; when cool, freeze; when nearly frozen add the stiffly beaten white of egg, and finish freezing.

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598.—SOMERSET SHERBET

1 banana
½ can apricots, or
1½ cups stewed dried apricots
1 lemon
1 orange
1 cup sugar
1 teaspoon gelatine
¼ cup cold water
1 cup boiling water

Press banana and apricots, with their juice, through a sieve; add juice of lemon and orange, and sugar; soak gelatine in cold water, dissolve in boiling water, add to fruit, cool, and freeze.

599.—STRAWBERRY SHERBET

2 cups water
1 cup sugar
1 box strawberries
White of 1 egg

Boil sugar and water five minutes; mash berries, add to sirup, cool, and freeze; when nearly frozen add the stiffly beaten white of egg. If preferred, strain before freezing.

600.—FROZEN WATERMELON

Scoop out the inside of a watermelon with a large spoon; put in the freezer without the dasher, sprinkle with powdered sugar and lemon juice, and pack in equal parts of salt and ice for three hours.

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CHAPTER XXVII

SAUCES FOR DESSERTS

601.—CARAMEL SAUCE

Melt one cup of sugar in a smooth, clean saucepan, add three-fourths cup of boiling water, and simmer fifteen minutes. Take care that sugar does not burn. Strong coffee may be used instead of water, and, if desired, one-half cup of chopped nut meats may be added.

602.—CHOCOLATE SAUCE (Hot)

¾ cup sugar
⅓ cup boiling water
⅛ teaspoon salt
1 square chocolate
2 teaspoons boiling water
1 teaspoon butter
½ teaspoon vanilla

Cook sugar, one-third cup water, salt, and chocolate until sirup threads; remove from fire, add two teaspoons water, butter, and vanilla.

603.—CHOCOLATE MARSHMALLOW SAUCE

1 square chocolate
½ tablespoon butter
1 tablespoon flour
Few grains salt
¼ cup sugar
1 cup boiling water
8 marshmallows cut in pieces
½ teaspoon vanilla

Melt chocolate; add butter, flour, salt, sugar, and mix well; add water and boil two minutes; add marshmallows and beat well; add vanilla and serve hot. One tablespoon of shredded almonds may be added; or the marshmallows may be omitted and two tablespoons each of chopped nuts and raisins added.

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604. CINNAMON SAUCE

Use recipe for Lemon Sauce (see No. 613); but omit the lemon flavoring, and add one teaspoon cinnamon and one tablespoon of molasses.

605.—COFFEE SAUCE (Evaporated Milk)

1 cup evaporated milk
¼ cup sugar
1 teaspoon soluble coffee, or
2 tablespoons clear black coffee

Place milk on ice for a few hours; beat with a rotary egg beater until stiff, add sugar and flavoring.

606.—CRANBERRY SAUCE (Pudding)

¼ cup butter
1 cup powdered sugar
2 tablespoons boiling water
½ cup strained cranberry sauce

Cream butter, add sugar and water gradually and alternately; beat well, and add cranberry sauce. The stiffly beaten white of one egg may be added. Serve with cottage or steamed puddings.

607.—CUSTARD SAUCE

Make the same as Soft Custard (see No. 568).

608.—CURRANT JELLY SAUCE (Pudding)

1 tablespoon cornstarch
¼ cup sugar
1 cup boiling water
2 tablespoons currant jelly
1 teaspoon butter
Juice of ½ lemon

Mix cornstarch and sugar in a saucepan, add water gradually, when thickened add jelly, simmer ten minutes; add butter and lemon juice just before serving.

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609.—DATE SAUCE

To Lemon Sauce (see No. 613) add eight dates, which have been washed, stoned, and cut in small pieces. Serve with Cottage Pudding (see No. 549).

610.—FRUIT SAUCE

Heat one cup of sirup of preserved or canned fruit, thicken with one teaspoon of cornstarch moistened with one tablespoon of cold water, and cook ten minutes; add a few grains of salt, a teaspoon of butter, a few drops of red coloring, and serve hot.

611.—GINGER SAUCE

½ cup sugar
¼ cup molasses
1 teaspoon butter
2 tablespoons water
2 tablespoons vinegar
½ tablespoon ginger

Mix in order given, boil for five minutes, and serve hot with Indian Pudding (see No. 553) or Steamed Fruit Pudding (see No. 551).

612.—HARD SAUCE

¼ cup butter
1 cup powdered sugar
1 teaspoon milk
1 teaspoon vanilla, or ¼ teaspoon nutmeg

Cream butter, add sugar and milk gradually, and beat until very light; add flavoring, and chill before serving.

613.—LEMON SAUCE

¾ cup sugar
2 teaspoons cornstarch
⅛ teaspoon salt
1½ cups hot water
1 teaspoon butter
Juice and rind of ½ lemon, or ½ teaspoon lemon extract

Mix sugar, cornstarch, and salt; add hot water, stir constantly until boiling point is reached, and simmer ten

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minutes; add butter and flavoring. One teaspoon of vanilla or one-half nutmeg grated may be used instead of lemon.

614.—MARSHMALLOW SAUCE

1 cup sugar
½ cup boiling water
1 cup marshmallows
½ teaspoon vanilla

Boil sugar and water five minutes, add marshmallows, beat until they are melted, and add vanilla. Beat well before serving. Serve hot or cold.

615.—MOCHA SAUCE

¼ cup butter or Crisco
1 cup powdered sugar
2 tablespoons milk
1 teaspoon powdered soluble coffee
1 tablespoon cocoa

Cream shortening, add sugar and milk gradually, and beat until light; add coffee and cocoa, and blend well.

616.—ORANGE MARMALADE SAUCE

½ cup orange marmalade
½ tablespoon butter
½ cup boiling water

Mix and serve hot with Cottage Pudding (see No. 549), steamed puddings, or griddle cakes.

617.—SOFT SAUCE

To Hard Sauce (see No. 612) add two tablespoons of hot milk, a few drops at a time; beat well, and do not chill.

618.—STRAWBERRY SAUCE

2 tablespoons butter
¾ cup powdered sugar
2 tablespoons boiling water
1 cup crushed strawberries

Cream butter, add half of sugar gradually; add remaining half of sugar alternately with the water; beat well, and add strawberries. Blackberries or raspberries may be used instead of strawberries.

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CHAPTER XXVIII

PASTRIES

619.—PLAIN PASTE

1½ cups flour	¼ cup shortening
¼ teaspoon salt	⅓ cup ice water
¼ teaspoon baking powder	¼ cup butter

Sift flour, salt, and baking powder; rub in shortening with finger tips until mixture is like fine meal; add water gradually until a soft but not sticky dough is formed, mixing with a knife; when dough is mixed, the side of the bowl should be clean, neither sticky nor dry with flour. Slightly more or less water may be needed. Roll paste, on a *lightly* floured board, into an even rectangular shape; divide butter into three parts; cover two-thirds of paste with dots of butter, using one part; fold first the unbuttered third, then the remaining third, so that there will be three layers of paste with butter between; roll out again, dot with butter as before, and fold; repeat for third time. Put paste on ice until thoroughly chilled. Any good shortening may be used in place of butter, but the butter flavor will be lacking. This is enough for one pie with two crusts; double the amount of paste can be made with the same amount of labor. It keeps well if wrapped in cheesecloth and put in a cool place.

620.—RICH PASTE

3 cups flour	1¼ cups shortening
1 teaspoon sugar	1 tablespoon lemon juice
½ teaspoon salt	Ice water

Sift flour, sugar, and salt; add shortening, and rub in with finger tips or chop with a knife in each hand until

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mixture is like fine meal; add lemon juice and enough water to form a stiff paste (about two-thirds of a cup); roll out into a thin sheet and fold in four layers; roll out and fold three times. Chill before using. This rule makes two pies. It is less expensive than puff paste, and yet is a very good substitute for it.

621.—PATTY SHELLS

Roll paste one-eighth of an inch thick, cover inverted tin patty pans or individual pie dishes, trim paste evenly, and press down the edge firmly; prick with a fork, place on a baking sheet, and bake in a hot oven about twelve minutes. Remove pans, and fill with any cooked fruit mixture, berries, or creamed meats or vegetables.

622.—PIE SHELL

Roll paste one-quarter inch thick, cover an inverted tin pie plate, trim, and press the edges firmly; prick with a fork, place on a baking sheet, and bake in a hot oven about fifteen minutes. Fill with cooked pie mixtures and cover with a meringue, or garnish with bits of pastry which have been cut in fancy shapes and baked.

623.—TART SHELLS

Roll Rich Paste (see No. 620) one-third of an inch thick, cut into small rounds, moisten the edges of half of them with cold water, cut out the centers of the other half with a small cutter, place upon whole rounds, and press firmly together; chill, and bake in a hot oven about twenty minutes. Fill with jelly, jam, or fruit paste. When shells are to be filled with creamed meats, etc., cut with a larger cutter.

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624.—MINCE MEAT

4 cups cooked beef chopped
2 cups chopped suet
8 cups chopped apples
1 cup brown sugar
2 cups molasses
1 glass tart jelly
1½ pounds seeded raisins
1 pound washed currants
1 pound citron shredded
2 tablespoons salt
1 tablespoon cinnamon
1 tablespoon mace
1 teaspoon clove
1 teaspoon allspice
½ teaspoon pepper
1 quart boiled cider

Mix, and cook slowly about two hours, stirring frequently. One cup of chopped cranberries may be substituted for the jelly. Store in jars or in a stone crock. If mince meat grows dry by standing, moisten with a little coffee.

625.—MOCK MINCE MEAT (Uncooked)

1½ cups chopped apples
¼ cup raisins seeded and chopped
¼ cup cranberries chopped
¼ cup currants
1 tablespoon citron shredded
¼ cup beef fat melted
½ teaspoon salt
½ teaspoon cinnamon
½ teaspoon mace
¼ teaspoon clove
¾ cup brown sugar
¼ cup vinegar
½ cup coffee

Mix in order given and let stand a few hours before using. (Fills one large pie.)

626.—GREEN TOMATO MINCE MEAT

1½ cups green tomatoes chopped
1½ cups apple chopped
¾ cup raisins seeded and chopped
1 cup brown sugar
¼ cup beef fat melted
2 tablespoons vinegar
¼ cup water
¾ teaspoon cinnamon
½ teaspoon mace
¼ teaspoon clove
¾ teaspoon salt
½ cup jelly, fruit sirup, or grape juice

Mix and cook slowly for one hour. (Fills two pies.)

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627.—MERINGUE FOR TARTS AND PIES

Whites of 2 eggs
¼ cup granulated sugar

Beat the whites of eggs very stiff, add sugar gradually, spread over tarts or pies, mounding in the center; put in a slow oven, and bake about ten minutes for tarts and fifteen minutes for pies. If baked slowly, meringue will not settle.

628.—ONE-EGG MERINGUE

White of 1 egg
½ cup granulated sugar
1 teaspoon baking powder
¼ teaspoon extract

Beat the egg until stiff, add gradually sugar mixed with baking powder, flavor, spread on tarts or pies, and bake in a moderate oven ten minutes.

629.—SLICED APPLE PIE

3½ cups pared and sliced apples
½ cup sugar
⅛ teaspoon salt
⅓ teaspoon nutmeg or cinnamon

Line a plate with paste, fill with apples, mounding them in the center; mix sugar, salt, and seasoning, and cover apples; moisten edge of paste with water; roll out paste for top crust, cut one-half inch larger than plate, and cut a few small gashes in the center; cover pie, turn edge under the lower crust, and press firmly. Brush with milk, and bake about forty minutes. The oven should be hot for the first fifteen minutes, and then the heat should be reduced.

630.—BLUEBERRY PIE

2½ cups blueberries
⅔ cup sugar
2½ tablespoons flour
1 teaspoon butter

Line a pie plate with paste; fill with berries, add sugar and flour mixed, and dot butter over top. Cover, and bake the same as Apple Pie (see No. 629).

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631.—CHERRY PIE

Follow recipe for Blueberry Pie (see No. 630), using stoned cherries in place of blueberries and adding one-fourth cup more sugar.

632.—MOCK CHERRY PIE

1½ cups cranberries chopped and rinsed	2 tablespoons sifted crumbs or flour
½ cup raisins seeded and chopped	1 cup sugar
	½ cup water

Mix, and bake in two crusts, the same as Apple Pie (see No. 629).

633.—CRANBERRY PIE

2 cups cranberries	2 tablespoons sifted crumbs
1¼ cups sugar	½ cup hot water

Chop cranberries, rinse, and mix with sugar, crumbs, and water. Roll paste one-quarter inch thick, cover a perforated tin plate, trim the edge evenly, and moisten edge with water; fill with cranberries, cover with half-inch strips of paste placed half an inch apart to form a lattice top; trim the edges neatly, moisten, and finish with a half-inch strip of paste around the edge. Bake about forty minutes. The oven should be hot for the first fifteen minutes, and then the heat should be reduced.

634.—OPEN CRANBERRY PIE

1½ cups cranberries	⅔ cup water
1 cup sugar	2 tablespoons sifted crumbs

Mix berries, sugar, and water, and cook for ten minutes, stirring frequently to break the berries; add crumbs, and when nearly cool pour into a baked pie shell. Garnish with bits of baked pastry.

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635.—CUSTARD PIE (Cake Crumbs)

2 cups hot milk
½ cup dry cake crumbs
2 tablespoons sugar
1 egg slightly beaten
⅛ teaspoon salt
Nutmeg

Mix crumbs and milk, let stand for five minutes, and press through a sieve; add sugar, egg, and salt; line a deep plate with paste rolled thin; build up a firm edge of crust, fill with custard, and dust with nutmeg. Bake about forty minutes. The oven should be hot for the first ten minutes, and then the heat should be reduced.

636.—GOOSEBERRY PIE

To recipe for Gooseberry Patties (see No. 648) add two tablespoons of dried and sifted crumbs. Prepare and bake the same as Cranberry Pie (see No. 633).

637.—LEMON PIE

1 slice bread one inch thick
1 cup boiling water
1 cup sugar
Yolks 2 eggs
⅛ teaspoon salt
Rind and juice 1 lemon

Remove crusts from bread; cover bread with boiling water, let stand a few minutes, and press through a sieve; add sugar, egg yolks slightly beaten, salt, lemon rind, and lemon juice. Prepare paste, fill, and bake the same as Custard Pie (see No. 635). Make a Meringue (see No. 627) of the whites of eggs.

638.—MARLBOROUGH PIE

6 apples
⅓ cup sugar
2 macaroons rolled
2 tablespoons butter
Grated rind and juice 1 lemon
1 teaspoon cinnamon
¼ teaspoon salt
2 eggs slightly beaten

Pare and slice apples, add one-quarter cup of water; cook until soft, and rub through a sieve; add other ingre-

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dients in order given. Line a deep plate or patty tins with rich paste, fill, and bake about forty minutes. Cake crumbs may be substituted for macaroons.

639.—MINCE PIE

Line a perforated tin plate with paste, rolled one-fourth inch thick; fill with mince meat, moisten edges with water, and cover with an upper crust with a few small gashes cut in it; turn the edge under lower crust about half an inch, press firmly, and trim edges of paste with a knife, slanting toward the center; brush with milk, and bake in a hot oven about half an hour.

640.—ORANGE PIE

1½ cups hot milk	Grated rind of ½ orange
½ cup cake crumbs	Juice of 1 orange
½ cup sugar	1 egg slightly beaten
⅛ teaspoon salt	

Mix milk and crumbs, let stand five minutes, and press through a fine sieve; add other ingredients. Prepare paste, fill, and bake the same as Custard Pie (see No. 635).

641.—PINEAPPLE PIE

1 can grated pineapple	Few grains salt
1 cup sugar	1 egg
2½ tablespoons flour	½ tablespoon butter

Mix sugar, flour, and salt, add beaten egg, and mix with pineapple; pour into a deep pie plate lined with paste, add butter in small pieces, cover with strips of paste, and bake in a hot oven about forty minutes, reducing the heat during second half of baking.

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642.—PRUNE PIE

2 cups cooked prunes
½ cup sugar
1 tablespoon flour
Grated rind of ½ orange

Stone prunes, cut in quarters, and put into a paste-lined plate; cover with sugar, flour, and rind mixed. Cover with upper crust, brush with milk, and bake in a hot oven half an hour, reducing the heat during second half of baking.

643.—PUMPKIN PIE

1½ cups baked pumpkin
1 egg well beaten
⅔ cup brown sugar
½ teaspoon salt
½ teaspoon ginger
1 teaspoon cinnamon
½ teaspoon cornstarch
1½ cups milk

Cut pumpkin in pieces and bake in a hot oven; mash and strain, and to one and a half cups add the other ingredients in order given. Prepare paste and bake the same as Custard Pie (see No. 635).

644.—RAISIN PIE

½ cup raisins seeded and chopped
1½ cups hot water
1 cup brown sugar
¼ cup vinegar
2 tablespoons butter
½ cup sifted crumbs

Mix, and cook for ten minutes; cool; and bake the same as Cranberry Pie (see No. 633).

645.—RHUBARB PIE

2 cups rhubarb
2 tablespoons sultana raisins
¼ cup sifted crumbs
1 cup sugar
Grating of nutmeg
Few grains salt

Cut rhubarb in half-inch pieces, place in a strainer, and scald with boiling water; drain, put into a paste-lined

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plate, cover with raisins, crumbs, sugar, and nutmeg and salt mixed; cover with an upper crust, and bake the same as Apple Pie (see No. 629).

646.—SQUASH PIE

1½ cups cooked squash	¼ teaspoon cinnamon
1 cup sugar	½ teaspoon nutmeg
¾ teaspoon salt	1 egg beaten
¼ cup sifted crumbs	1½ cups milk

Mix in order given. Prepare paste, fill, and bake the same as Custard Pie (see No. 635).

647.—BANBURY TARTS

1 cup raisins	Juice and rind of 1 lemon
¾ cup sugar	¼ cup sifted crumbs

Seed and chop raisins, and mix with sugar, lemon, and crumbs. Roll paste one-eighth inch thick, and cut in three-inch rounds; put half a tablespoon of raisin mixture on half of each round, moisten edges with water, fold double, and press edges firmly together. Prick with a fork, and bake in a hot oven about fifteen minutes.

648.—GOOSEBERRY PATTIES

Remove tops and stems from one pint of gooseberries; wash, add one-half cup water, and cook about fifteen minutes, or until soft and well broken; add one cup of sugar, and cool; line patty pans with paste, fill with gooseberries, cover with narrow strips of paste to form a lattice. Bake in a hot oven twenty-five minutes.

649.—PRUNE AND APPLE TART FILLING

Use recipe for Prune and Apple Shortcake (see No. 445), fill cooked paste shells, and garnish with bits of cooked paste.

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650.—PRUNE PATTIES

Line patty pans with paste; prepare filling as for Prune Pie (see No. 642); mix, and fill pans; cover with a lattice-work of narrow strips of paste, and finish with a narrow strip of paste around the outer edge. Bake in a hot oven about twenty-five minutes.

651.—INDIVIDUAL RASPBERRY PIE

Roll paste one-eighth inch thick, cut into circles two and a half inches in diameter. Put a tablespoon of raspberry jam on half of them, and moisten the edges with water. With a small round cutter make three holes in each remaining circle, place on top of jam, press edges firmly together, and bake about fifteen minutes in a hot oven. Bake the small cut-out pieces of paste, and serve with soup.

652.—RHUBARB MERINGUE PATTIES

2 cups rhubarb
¼ cup water
1 cup sugar
1 egg yolk beaten
3 tablespoons sifted crumbs
1 teaspoon butter

Cut rhubarb in half-inch pieces and cook with water ten minutes; add sugar, egg yolk, crumbs, and butter, and cook five minutes; when cool, fill Patty Shells (see No. 621), cover with One-egg Meringue (see No. 628), and bake ten minutes in a moderate oven.

653.—SQUASH PATTIES (without Eggs)

2 cups cooked and sifted squash
½ cup sugar
⅔ teaspoon salt
1 tablespoon dried and sifted crumbs
½ teaspoon lemon extract

Mix in order given. Line patty pans with paste, fill with squash, and bake in a hot oven about twenty-five minutes.

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654.—CHEESE STRAWS

½ cup flour	⅛ teaspoon mustard
1 tablespoon shortening	¼ teaspoon paprika
¼ cup grated cheese	¼ teaspoon baking powder
⅛ teaspoon salt	Ice water

Rub shortening into flour with finger tips; add cheese, seasonings, and baking powder, and mix to a stiff dough with ice water. Roll out, fold in four layers, roll out again and fold as before; put on ice to chill; roll out one-third inch thick, and cut into four-inch straws. Bake in a hot oven about twelve minutes.

655.—CHEESE STRAWS (Left-over Paste)

Roll trimmings of pastry into a thin sheet, sprinkle with grated cheese and paprika; fold in four layers; repeat; chill, cut into straws, and bake in a hot oven about twelve minutes.

656.—CHEESE WAFERS

Prepare paste as for Cheese Straws (see No. 654); roll out very thin, cut with a two-inch cutter, and bake in a hot oven about six minutes.

657.—CINNAMON HEARTS

Roll Rich Paste (see No. 620) very thin in an even rectangular shape; sprinkle with powdered sugar mixed with a little cinnamon. The paste should be about twelve inches long. Fold each end toward the center two inches; fold each end again toward the center; fold double, and chill. Cut in one-third-inch slices, place flat side down on a baking sheet two inches apart, and bake in a hot oven about eight minutes.

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CHAPTER XXIX

FRUITS, COOKED AND UNCOOKED [1]

658.—TO COOK DRIED FRUIT

Wash thoroughly in two or three cold waters; put in granite kettle, cover with water, and soak twenty-four hours; cook very slowly two or three hours until tender; add sugar, and simmer half an hour.

659.—BAKED APPLES WITH DATES

Wipe and core apples, and place in baking dish (not tin); in each cavity put a stoned date, a tablespoon of sugar, and two tablespoons of boiling water; bake in a moderate oven about half an hour, basting often. Apple jelly may be used in place of dates, or sugar may be mixed with a little cinnamon or nutmeg.

660.—GRAPE AND APPLE JELLY

½ peck grapes 3 tart apples Sugar

Pick over, stew, and mash grapes, put in kettle with apples, which have been coarsely chopped, but not pared or cored; heat to boiling point, mash, and boil thirty minutes; strain through a jelly bag; measure juice, return to kettle, and boil five minutes; add an equal amount of heated sugar, and boil three minutes. Skim well and pour into glasses.

[1] For standard recipes for jellies and preserves, see Farmers' Bulletin No. 203.

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661.—SPICED APPLE JELLY

Wash apples, cut in quarters, cover with equal parts of water and vinegar, and cook half an hour; drain; and to each quart of juice add one-third cup of mixed spices (tied in a bag), and boil twenty minutes. Remove spices. Add heated sugar, allowing one quart for each quart of juice. Boil ten minutes, and pour into glasses. When cold and firm cover with melted paraffin.

662.—GRAPE JUICE AND APPLE SAUCE

1 cup grape juice
½ cup sugar
4 apples
4 slices sponge cake or toast

Boil grape juice and sugar for five minutes; pare, core, and slice apples, and cook in grape juice until tender; cool, and serve on toast or cake. Two cups of grapes cooked with one-half cup of water and pressed through a sieve may be used in place of juice.

663.—DARK RED APPLE SAUCE

8 tart apples
1 cup sugar
½ teaspoon nutmeg
½ cup hot water

Pare and core apples, and cut into eighths; put into an earthen dish; add sugar, nutmeg, and hot water; cover closely, and bake in a slow oven three hours.

664.—BAKED BANANAS

Peel, scrape, and slice six bananas; put into a greased baking dish in layers, and sprinkle each layer with brown sugar; dot a tablespoon of butter over the top, and sprinkle with the juice of half a lemon. Bake in a moderate oven half an hour.

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665.—BANANAS WITH FIGS AND NUTS

4 bananas
4 figs
2 tablespoons powdered sugar
¼ cup chopped nut meats

Peel, scrape, and slice bananas; wash, dry, and chop figs; spread over bananas; sprinkle with sugar and nut meats, and serve with cream. Grape nuts may be used in place of nut meats.

666.—MOCK BAR-LE-DUC CURRANTS

½ cup large, hard cranberries
1 cup sugar
½ cup boiling water

Cut cranberries in quarters, place in colander, and wash under running water to remove the seeds; heat sugar and water slowly to the boiling point, and boil seven minutes; add cranberries, and boil seven minutes. Seal in small glasses.

667.—RED CURRANT CONSERVE

2 pounds red currants
2 oranges
1 cup raisins
1½ pounds sugar

Wash currants; grate rind of oranges and remove pulp; seed raisins and cut in halves; put in preserving kettle with sugar, heat gradually to boiling point, and simmer until as thick as marmalade.

668.—CRANBERRY CONSERVE

1 quart cranberries
1 cup water
Grated rind 1 orange
Pulp and juice of 2 oranges
1 cup raisins seeded and chopped
2¼ cups sugar
½ cup nut meats chopped

Wash cranberries and chop rather coarsely; put in colander and rinse with running water to remove seeds;

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add water, oranges, and raisins; cook fifteen minutes; add sugar and boil two minutes; add nut meats and pour into glasses.

669.—SPICED CRANBERRIES

1 quart cranberries
2 cups brown sugar
½ cup vinegar
¼ cup water
2 teaspoons cinnamon
¼ teaspoon clove
¼ teaspoon allspice

Mix in order given, heat slowly to the boiling point, and simmer half an hour. Serve with cold meats.

670.—PRESERVED CRANBERRIES

½ cup water 1 cup sugar 1 cup cranberries

Heat water and sugar to the boiling point, and cook five minutes; add berries, and simmer for fifteen minutes, skimming when necessary. The berries should be unbroken. (Useful for garnishing.)

671.—CRANBERRY SAUCE

1 pint cranberries ½ cup water 1 cup sugar

Pick over and wash berries, add the water, and cook until very soft. Mash with a wooden spoon, add the sugar, and cook until sugar is dissolved. For thick cranberry jelly, press through a sieve and pour into glasses.

672.—FIG PASTE (Laxative)

1 pound prunes
1 ounce senna leaves
½ pound figs
Cold water

Soak prunes over night in cold water to cover, add the senna leaves tied in cheesecloth, and cook slowly until

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prunes are tender. Stone the prunes, and chop fine; add figs chopped fine, put in top of double boiler, remove senna, add prune juice, and cook until thick.

673.—CANDIED GRAPE FRUIT PEEL

Cut grape fruit peel into thin strips, and soak twenty-four hours in salted water, allowing one teaspoon of salt to each quart of water; drain, cover with cold water, and boil about one hour, or until tender, changing the water once; drain, weigh peel, and add an equal weight of sugar; heat slowly, and cook until sugar is almost absorbed; spread on a platter to dry for five or six hours; roll in powdered sugar. If put in airtight jars it will keep indefinitely. Orange or lemon peel may be used in the same way.

674.—BAKED PEARS

8 hard pears	½ cup boiling water
¾ cup sugar	4 cloves

Wipe pears, remove stems, and put in an earthen dish; add sugar, water, and cloves; cover, and bake in a slow oven for four hours, basting occasionally. Serve cold.

675.—PEAR AND GINGER MARMALADE

8 pounds hard pears	Juice of 4 lemons
Grated rind 4 lemons	¼ pound preserved ginger

6 pounds sugar

Quarter and core pears, and put through food chopper; add lemon rind, juice, and ginger (chopped); mix fruit with sugar, heat gradually to boiling point, and cook slowly about two hours, or until thick.

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676.—SPICED PRUNES

2 cups cooked prunes
¼ cup chopped cranberries
½ cup prune juice
2 tablespoons sugar
Juice of 1 orange
Few gratings orange rind
½ teaspoon cinnamon
¼ teaspoon paprika

Stone prunes, cut in small pieces, add other ingredients, and simmer twenty minutes. Serve with cold meats.

677.—QUINCE HONEY

6 quinces 3½ pounds sugar 1 quart water

Pare, quarter, and core quinces; to the cores and parings add one pint of water, simmer half an hour, and press through a sieve. Chop quinces, using the finest cutter, add a pint of water, and simmer while cores are cooking; add pulp and juice from cores and boil ten minutes; add sugar and boil about five minutes, or until it jellies.

678.—BAKED RHUBARB AND BANANAS

2 cups rhubarb
3 bananas
¾ cup sugar
1 tablespoon butter

Wash rhubarb and cut, unpeeled, into one-inch pieces; peel and slice bananas, and arrange in a baking dish in alternate layers with the rhubarb; add sugar and butter, cover, and bake in a slow oven two hours. Serve hot or cold.

679.—RHUBARB AND ORANGE MARMALADE

4 cups rhubarb
4 oranges
1 tablespoon orange rind grated
Juice ½ lemon
6 cups sugar

Cut rhubarb in half-inch pieces; add pulp and juice of oranges, rind, lemon juice, and sugar. Cook slowly until juice will "jell" when tried on a cold plate.

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680.—RHUBARB AND FIG MARMALADE

3 pounds rhubarb
1 pound figs
3 pounds sugar
1 lemon
1 teaspoon ginger
¼ teaspoon clove
¼ teaspoon salt

Cut rhubarb unpeeled into inch pieces; wash figs and put through food chopper; put in preserving kettle with half of sugar and let stand over night; in the morning boil until clear, then add remaining sugar, juice and grated rind of lemon, and seasonings. Cook slowly until thickened.

681.—THREE-IN-ONE MARMALADE

Cut in halves one grape fruit, one orange, and one lemon; remove pulp with a teaspoon, saving juice and discarding seeds; remove the membrane from peels, and put peel through the food chopper, using medium cutter; mix peel, pulp, and juice; measure, and to each cup add three cups of cold water; let stand over night; heat slowly to the boiling point, and cook one hour, or until peel is tender; measure, add an equal amount of sugar; boil about forty minutes, or until a little will " jell " when tried on a cold plate.

682.—RED TOMATO JAM

3 pounds ripe tomatoes
3 pounds sugar
2 lemons
1 teaspoon ginger
¼ teaspoon salt

Scald and peel tomatoes; cut in halves crosswise and discard seeds; put in preserving kettle with sugar, lemon juice, and ginger; cook slowly about two hours, stirring often with a wooden spoon. Skim when necessary. This may be kept in a stone crock or sealed in glasses.

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683.—SWEET PICKLED WATERMELON RIND

Rind of ½ watermelon	1½ tablespoons cinnamon
3 pounds brown sugar	1 tablespoon cloves
1 quart vinegar	1 tablespoon allspice

Pare melon rind, cut in inch squares, wash, and drain; put sugar and vinegar in a preserving kettle, add spices tied in a bag, and boil one hour; add melon rind, and cook about one hour, or until tender; put melon rind into a stone crock, boil sirup hard for fifteen minutes, and pour over melon.

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CHAPTER XXX

CANDIES

684.—PLAIN FONDANT

4 cups granulated sugar 1 cup boiling water
⅛ teaspoon cream of tartar

Put sugar in a smooth, clean saucepan, add boiling water, and stir until dissolved; heat slowly to boiling point, add cream of tartar, and boil without stirring to 240° F., or until sirup will form a soft ball when tested in cold water. As sirup granulates around the sides of saucepan, wash down with a clean brush which has been dipped quickly into cold water; pour out upon a slightly oiled slab or large platter; as the edges begin to harden, turn them toward the center, and when the mixture is partly cooled work with a wooden spatula or butter paddle until creamy; when it begins to lump, knead with the hands until smooth. Let stand a few hours before using, or keep in a covered jar until needed.

685.—COFFEE FONDANT

Follow recipe for Plain Fondant (see No. 684), using strong, clear coffee in place of water. Or, if only a small quantity is needed, melt plain fondant over hot water and add one teaspoon of instantaneous coffee to each cup. This may be used melted for mints, or for dipping, or, when cooled, for centers.

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686.—BONBON CENTERS

Cut candied fruits or nuts into small pieces, and work with a bit of fondant into small balls; let stand a few hours before dipping. Keep centers small so that bonbons will not be too large when finished.

687.—FONDANT BONBONS

Melt fondant over hot water; flavor and color as desired; dip bonbon centers one at a time, and remove with a fork or confectioners' dipper; place on an oiled slab or platter until cold.

688.—CHOCOLATE BONBONS

Melt bitter chocolate in a cup over hot water, and dip centers the same as for Fondant Bonbons (see No. 687). Dot chocolate (sweetened) may be used if preferred. Confectioners' chocolate is best for dipping, but cooking chocolate is satisfactory if half a teaspoon of butter is melted with each four squares.

689.—FONDANT MINTS

Put Plain Fondant (see No. 684) in cups, melt over hot water, and flavor with a few drops of oil of spearmint, wintergreen, orange, lime, or any desired flavor; color lightly if desired, and drop from a teaspoon upon an oiled slab or platter.

690.—QUICK FONDANT

Break the white of an egg into a bowl, add a tablespoon of water and about two cups of confectioners' sugar, or enough to knead. Flavor with oil, extracts, or grated

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orange or lemon rind, and color as desired. Use for mints (rolled and cut), stuffing dates, prunes, cherries or nuts, or for bonbon centers.

691.—QUICK MINTS

1 cup sugar	⅛ teaspoon cream of tartar
½ cup boiling water	3 drops oil of spearmint

Put sugar into a smooth, clean saucepan, add boiling water, and stir until dissolved; add cream of tartar, and boil to 234° F., or about five minutes; cool slightly, add flavoring, beat until creamy, and drop from a teaspoon on an oiled slab or platter. If mixture thickens before all is used, add a few drops of boiling water. Oil or essence of wintergreen, lime, orange, etc., may be used instead of spearmint, and mixture may be colored lightly to correspond with flavoring.

692.—AFTER-DINNER MINTS

2 cups sugar	⅓ cup boiling water
¼ cup molasses	4 drops oil of spearmint

Put sugar and molasses into a smooth, clean saucepan, add boiling water, heat gradually to the boiling point, and boil to 258° F., or until candy becomes brittle when tested in cold water; add flavoring, pour on an oiled slab or platter, and when cool enough to handle pull until nearly white; pull into long strips about half an inch in diameter, and cut in small pieces with scissors; roll in powdered sugar, and keep in a covered jar for several days before using.

693.—APRICOT PASTE

Follow recipe for Mint Paste (see No. 694), omitting spearmint and coloring, and adding one cup of stewed

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and strained dried apricots (without juice); roll in confectioners' sugar, or dip in melted fondant or chocolate.

694.—MINT PASTE

1 box granulated gelatine
⅔ cup cold water
1 cup boiling water
2 cups sugar
¼ cup lemon juice
Grated rind 1 orange
5 drops oil of spearmint
Green coloring

Soak gelatine in cold water five minutes; dissolve in boiling water; add sugar, and stir until dissolved; add lemon juice, and boil twenty minutes; add rind, flavoring, and coloring; pour into a small pan and let stand for several hours; cut into cubes and roll in confectioners' sugar. Oil of wintergreen, cloves, or cinnamon may be used in place of spearmint, and other coloring may be used.

695.—TURKISH DELIGHT

1 box granulated gelatine
⅔ cup strained orange juice
1 cup boiling water
2 cups sugar
3 tablespoons lemon juice
Grated rind 1 orange
¼ cup nut meats cut fine
½ cup candied fruit cut fine

Soak gelatine in orange juice five minutes; dissolve in boiling water, add sugar and lemon juice, and stir until sugar is dissolved; boil twenty minutes; add rind, and, when nearly cold, add nuts and fruit and pour into a small pan; let stand several hours, cut in cubes, and roll in confectioners' sugar. Paste may be colored pink by adding red gelatine to the orange juice.

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696.—FRUIT WAFERS

½ pound prunes
½ pound figs
½ pound dates
Juice and grated rind ½ lemon
Confectioners' sugar

Soak prunes and figs in cold water over night, drain and wipe dry; cut prunes from stones, stone dates, and put all fruit through food chopper, using finest cutter; add lemon rind, juice, and sugar enough to knead to a firm paste; roll on a sugared board to one-fourth-inch thickness, and cut in small rounds, squares, or diamonds. Or form paste into small balls, and roll in coconut or chopped nut meats. One-half cup of finely chopped nut meats may be added to the paste. This is an excellent filling for stuffed dates.

697.—SPICED RAISINS

2 cups large raisins seeded
½ tablespoon butter
2 tablespoons vinegar
2 tablespoons water
½ teaspoon cinnamon
½ teaspoon mace
¼ teaspoon clove

Cook very slowly until raisins are plump and liquid has evaporated. Cool, and roll in granulated sugar.

698.—STUFFED DATES

Wash one pound large dates, dry, and remove stones; stuff with plain fondant, or fondant mixed with candied fruits or nuts; or stuff with a seeded raisin, or a piece of date, fig, or pineapple. Roll in confectioners' sugar.

699.—STUFFED PRUNES

1 pound large prunes
½ pound dried apricots
½ cup confectioners' sugar

Wash fruit, soak over night, drain and dry; remove stones from prunes with a knife; put apricots through

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food chopper, mix with sugar, and fill prunes; roll in confectioners' sugar.

700.—MARRONS GLACÉS

2 cups sugar
1½ cups water
1 tablespoon corn sirup
1 pint chestnuts

Shell one pint of chestnuts (see No. 243) and simmer in a sirup made of sugar and water until chestnuts are tender but not broken. Drain from sirup; cook the sirup with the corn sirup to 310° F., or until sirup begins to discolor. Remove saucepan from fire, place in a saucepan of hot water, put chestnuts on a dipping needle or long pin, and dip in sirup until thoroughly coated; place on an oiled platter.

701.—NUTS AND FRUITS GLACÉ

2 cups sugar
1 cup water
⅛ teaspoon cream of tartar

Boil sugar, water, and cream of tartar to 310° F. Follow directions for dipping Marrons Glacés (see No. 700). Cherries, strawberries, orange sections, grapes, or mint and rose leaves may be dipped in the same way.

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APPENDIX

A.—TABLE OF WEIGHTS AND MEASURES

1 teaspoon	=	60 drops
3 teaspoons	=	1 tablespoon
16 tablespoons	=	1 cup
1 cup	=	½ pint
2 pints	=	1 quart
Butter, 2 tablespoons solidly packed	=	1 ounce
Butter, 2 cups solidly packed	=	1 pound
Chocolate, 1 square	=	1 ounce
Coffee, 4⅓ cups	=	1 pound
Eggs, 9 in shells	=	1 "
English Walnuts, chopped, 5 cups	=	1 "
Flour, 4 tablespoons	=	1 ounce
" Pastry, 4 cups	=	1 pound
" Bread, 4 cups	=	1 "
" Entire Wheat, 3⅞ cups	=	1 "
" Graham, 4½ cups	=	1 "
Meat, 2 cups finely chopped	=	1 "
Oatmeal, 2⅔ cups	=	1 "
Oats, Rolled, 5 cups	=	1 "
Rice, 1⅞ cups	=	1 "
Rye Meal, 4⅓ cups	=	1 "
Sugar, Brown, 2⅔ cups	=	1 "
" Confectioners', 3½ cups	=	1 "
" Granulated, 2 cups	=	1 "
" Powdered, 2⅔ cups	=	1 "
Sugar or Salt, 2 tablespoons	=	1 ounce

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B.—TIME TABLE FOR COOKING

BAKING

Beans, Boston Baked	8 hours
Biscuits, Baking Powder (according to size)	12–15 minutes
Raised (according to size)	12–20 minutes
Bread (ten-cent loaf)	50 minutes
Breads, Baking Powder Muffins (according to size)	18–30 minutes
Corn Bread (shallow pan)	15–20 minutes
Gingerbread (shallow pan)	25 minutes
Popovers (according to size)	25–30 minutes
Yeast Muffins (according to size)	20–30 minutes
Cake, Fruit	1¼–2 hours
Layer	15–20 minutes
Loaf (shallow pan)	30 minutes
Sponge (deep pan)	40 minutes
Cookies and Wafers	6–15 minutes
Cup Custards	25 minutes
Fish, whole, 4 pounds	1 hour
Fillets, or whole small	20–30 minutes
Meats, Fillet of Beef (medium)	45–60 minutes
Rump of Beef (medium) per pound	17 minutes
Sirloin or Rib of Beef (medium) per pound	15 minutes
Chicken, per pound	18 minutes
Duck, Domestic	1 to 1¼ hours
Duck, Wild	15–20 minutes
Goose, Domestic, per pound	20 minutes
Leg of Lamb, per pound	18 minutes
Pork Chops	30 minutes
Loin of Pork, per pound	22 minutes
Turkey, per pound	20 minutes
Loin of Veal, per pound	22 minutes
Pies	35–45 minutes
Rice or Tapioca Pudding, Cooked	45 minutes
" " " " Uncooked	2½–3½ hours

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TIME TABLE FOR COOKING—*Continued*

BOILING

Cereals	
Corn Meal	2 hours
Hominy	2–3 hours
Macaroni	20–30 minutes
Oatmeal	4 hours
Rice	20–30 minutes
Rolled Oats	½ hour
Spaghetti	20 minutes
Granulated or Rolled Wheat	½ hour
Eggs	
Soft-cooked	3–5 minutes
Hard-cooked	20 minutes
Fish	
Bass, per pound	12 minutes
Bluefish, per pound	12 "
Cod, " "	6 "
Halibut, " "	12 "
Lobster, whole	20 "
Salmon, per pound	12 "
Small fish	6–10 minutes
Meats	
Corned Beef	3–4 hours
Fresh Beef	3 hours
Fowl, per pound	30 minutes
Ham, " "	25 "
Mutton (leg), per pound	25 "
Corned Tongue	3½ hours
Fresh Tongue	2½ hours
Vegetables	
Artichokes	30–45 minutes
Asparagus	20–30 minutes
Dried Beans	3–4 hours
Lima and other Shell Beans	1–1¼ hours
String Beans	1–2 hours
Beets, old	2–4 hours
" young	45 minutes
Brussels Sprouts	20 "
Cabbage	20–30 minutes
Cauliflower	25 minutes

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TIME TABLE FOR COOKING—*Continued*

BOILING

Green Corn	10 minutes
Onions	1–1½ hours
Oyster Plant (whole)	45 minutes
Parsnips	45–60 minutes
Peas, Fresh	20–60 "
" Dried	3 hours
Potatoes, White	20–30 minutes
" Sweet	20–25 "
Spinach	25–30 "
Tomatoes (stewed)	20–30 "
Turnips, Yellow	1½–2 hours
" White	1–1½ "

BROILING

Bacon and Ham, sliced thin	4 minutes
Chicken, Spring	20 minutes
Chops, Lamb or Mutton	6–10 minutes
Fish, Slices Cod, Halibut, Salmon, Swordfish	12–15 "
" whole small, Smelt, Trout	8–10 "
" " split, Bluefish, Scrod, Shad, Whitefish	18–22 "
Oysters	3–4 "
Steak, 1 inch thick (medium)	8 "
Squab	10–12 "
Tripe and Liver	6 minutes

FRYING

Chops or Cutlets, Breaded	5–8 minutes
Croquettes and Fishballs	1 minute
Doughnuts, Drop Cakes, Fritters, Muffins	3–5 minutes
Fish, rolled fillets and slices	5–7 "
" whole small, Smelt, Trout, Whitebait	2–7 "
Potatoes, Straws, Chips	3–4 "
" French Fried	6–8 "

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C.—TEMPERATURE TABLE

	Fahrenheit
Freezing point	32°
Lukewarm Water or Milk, not over	98°
Albumen begins to coagulate	134°
Milk, Pasteurized, keep for ½ hour at	145°
Simmering point	185°
Boiling point, Water (sea level)	212°
" " Milk (" ")	214°
Milk, scalded in double boiler	196°
Baking, Apples	300°
" Bananas	400°
" Biscuit (baking powder)	450°
" Biscuit (yeast)	425°
" Loaf Bread	400°
" Muffins	380°
" Popovers	450°
" Cake: Cookies	400°
" " Gingerbread	375°
" " Fruit and Pound	300°
" " Layer	380°
" " Plain (shallow pan)	375°
" " Sponge (shallow pan)	350°
" Meats, Beef and Mutton, for 15 minutes	450°
then reduce to	350°
" " Chicken and Turkey, for ½ hour	400°
then reduce to	300°
" " Goose and Lamb, for ½ hour	400°
then reduce to	300°
" " Pork and Veal, for ½ hour	350°
then reduce to	260°
" Pastry: Pies, for ¼ hour	450°
then reduce to	350°
" " Tart or Patty Shells	450°
" Potatoes	450°

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TEMPERATURE TABLE—*Continued*

	Fahrenheit
[1] Frying: Breaded Chops, Oysters	380°
" Croquettes, Fishballs	390°
" Doughnuts, Fritters	360°–370°
" Potatoes, French Fried	380°
" Potato Chips or Straws	400°
Fruit Jelly	222°
Sugar and Water Sirup, large thread	217°
" " " " feather	232°
" " " " soft ball	240°
" " " " hard ball	250°
" " " " for glacéd fruits and nuts	310°
" " " " for spun sugar	300°
" " " " caramel	350°
A very hot oven	450°–550°
A hot oven	400°–450°
A moderate oven	350°–400°
A slow oven	250°–350°

[1] To test fat without a thermometer, drop a bit of white bread into hot fat; it should brown in

60 seconds for uncooked mixtures (Doughnuts, Fritters, etc.)

40 seconds for cooked mixtures (Croquettes, Fishballs, etc.)

20 seconds for Chops, French Fried Potatoes, etc.

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D.—TABLE OF CALORIC VALUES

OF AVERAGE PORTIONS OF FOOD.

The following table gives the approximate number of calories and the approximate percentage of protein, fat, and carbohydrate in an average portion of food.[1] Unless otherwise stated an egg, orange, potato, etc., means one of average size.

Kind of Food	Amount	Number of Calories	Percentage of		
			Protein	Fat	Carbohydrates
Beverages					
Buttermilk (see Dairy Products)					
Chocolate [2]	1 cup	200	10	49	41
Cocoa [2]	1 "	140	14	39	47
Eggnog	1 "	225	21	48	31
Grape Juice	½ cup	100	0	0	100
Milk (See Dairy Products)					
Orange Juice	½ cup	50	0	0	100
Breads					
Baking Powder Biscuit	1 small biscuit	50	11	27	62
Boston Brown Bread	1 slice ¾ in. x 3 in. diameter	100	10	10	80
White Bread	1 slice ½ in. x 4 in. x 2½ in.	50	14	6	80
Corn Bread	1 piece 2 in. x 2 in. x 1 in.	100	10	24	66
Crackers, Graham	1	50	9	20	71
Crackers, Soda	1	25	10	20	70

[1] This table is based chiefly on food analyses as determined in Bulletin 28 of the U. S. Experiment Stations (*Chemical Composition of American Food Materials*); *How to Live*, by Professor Irving Fisher and Dr. E. L. Fisk; and *Feeding the Family*, by Professor Mary S. Rose.

[2] Made of half milk and half water.

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TABLE OF CALORIC VALUES—*Continued*

Kind of Food	Amount	Number of Calories	Percentage of		
			Protein	Fat	Carbohydrates
Breads					
Croutons (fried)	12 half-in. cubes	80	7	49	44
Croutons (toasted)	12 half-in. cubes	45	14	4	82
Griddle Cakes	2 cakes 4½ in. in diameter	200	14	25	61
Muffins, Corn Meal	1	133	13	25	62
Muffins, One-egg	1	125	12	24	64
Popovers	1	100	18	27	55
Sandwich (Club)	1	500	15	69	16
Cake					
Apple Sauce Cake	slice ½ in. x 1½ in. x 3¾ in.	128	4	23	73
Doughnuts	1	200	6	45	49
Fruit Cake	slice ½ in. x 2 in. x 4 in.	300	6	26	68
Hot Water Gingerbread	1 piece 2 in. x 2 in. x 2 in.	200	8	22	70
Hot Water Sponge	Slice 1½ in. x 1½ in. x 2 in.	100	7	7	86
Macaroon	1	50	6	33	61
One-Egg Cake	Slice ½ in. x 2 in. x 4 in.	225	8	32	60
Candy and Sugar					
Bitter Chocolate	1 oz.	200	8	72	20
Chocolate Fudge	1 cubic inch	89	2	20	78
Sweet Milk Chocolate	1 oz.	143	7	58	35
Molasses	1 tablespoon	66	3	0	97
Sugar, Granulated	1 tablespoon	55	0	0	100
Sugar	1 full-sized lump	28	0	0	100
Cereals					
Corn Flakes	1 cup	80	6	4	90

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TABLE OF CALORIC VALUES—*Continued*

Kind of Food	Amount	Number of Calories	Percentage of		
			Protein	Fat	Carbohydrates
Cereals					
Corn Meal Mush	½ cup	75	10	5	85
Grape Nuts	⅓ cup	200	12	2	86
Macaroni (cooked)	¾ cup	75	15	2	83
Oatmeal (cooked)	½ cup	50	17	16	67
Rice (steamed)	½ cup	64	9	1	90
Shredded Wheat Biscuit	1	100	13	5	82
Wheat Meal Mush	½ cup	67	12	4	84
Cheese Dishes					
Cheese Fondue	¾ cup	180	17	70	13
Welsh Rarebit	½ cup and 1 thin slice [toast	350	22	57	21
Dairy Products					
Butter	1 tablespoon	113	1	99	0
Buttermilk	1 cup	88	33	13	54
Cheese, American	1½ cubic inches	100	26	71	3
Cheese, Cottage	2 cubic inches	50	76	9	15
Cream, Thin	¼ cup	100	5	86	9
Milk, Unskimmed	1 cup	160	20	52	28
Milk, Skimmed	1 cup	88	37	7	56
Desserts					
Brown Betty	½ cup	250	3	35	62
Chocolate Blancmange	½ "	312	9	48	43
Cup Custard	1 custard	200	17	39	44
Lemon Jelly	½ cup	100	9	0	91
Pie, Apple	1 piece [a]	300	3	41	56
" Custard	1 "	256	9	32	59
" Lemon Meringue	1 "	367	5	27	68
" Mince	1 "	450	8	39	53
" Raisin	1 "	445	5	36	59
" Squash	1 "	360	10	25	65
Rice Custard	½ cup	100	18	32	50
Indian Tapioca	½ "	400	11	20	69
Vanilla Ice Cream (custard)	½ "	200	6	55	39

[a] One piece equals one-sixth of a pie 9 inches in diameter.

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TABLE OF CALORIC VALUES—*Continued*

Kind of Food	Amount	Number of Calories	Percentage of		
			Protein	Fat	Carbohydrates
Eggs					
Boiled	1	75	36	64	0
Scrambled	⅓ cup	133	20	76	4
Fats and Salad Dressings					
Bacon fat	1 tablespoon	132	0	100	0
Beef Drippings	1 "	113	0	100	0
Butter (See Dairy Products)					
Cream (See Dairy Products)					
Crisco	1 "	134	0	100	0
Lard	1 "	132	0	100	0
Oleomargarine	1 "	113	1	99	0
Olive Oil	1 "	132	0	100	0
French Dressing	1 "	88	0	100	0
Mayonnaise Dressing	1 "	105	1	97	2
Cooked Dressing	1 "	25	10	64	26
Fruits					
Apple, baked (with sugar)	1 large	200	1	3	96
Bananas	1 "	100	5	6	89
Cantaloupe	½	50	6	0	94
Cranberry Sauce	¼ cup	100	0	1	99
Dates	1	25	2	7	91
Figs, dried	1	67	5	1	94
Grape Fruit	1 medium	100	7	4	89
Olives, Green	2 medium	30	1	83	16
Orange	1 large	100	6	3	91
Peach	1	40	7	2	91
Prunes, Stewed	¼ cup	200	2	0	98
Raisins	¼ "	100	3	9	88
Meats and Fish (cooked)					
Bacon	1 thin slice	25	13	87	0
Dried Beef (creamed)	⅓ cup	100	16	65	19
Hamburg Steak (broiled)	cake ⅞ in. thick 2½ in. diameter	100	55	45	0

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TABLE OF CALORIC VALUES—*Continued*

Kind of Food	Amount	Number of Calories	Percentage of		
			Protein	Fat	Carbohydrates
Meats and Fish (cooked)					
Roast Beef	slice 5 in. x 2½ in. x ¼ in.	100	46	54	0
Stewed Beef with Dumpling	1 cup	290	14	24	62
Lamb Chops	1 kidney chop	125	24	76	0
Pork Chops	1 loin chop	200	18	82	0
Sausage	2 small	100	20	78	2
Clams (raw)	8	50	56	8	36
Codfish Balls	1, 2 inches in diameter	100	14	65	21
Creamed Codfish	½ cup	100	32	46	22
Oysters (raw)	6	50	49	22	29
Salmon (canned)	½ cup	100	45	55	0
Sauces					
Brown Sauce	2 tablespoons	37	14	49	37
Lemon Sauce	2 "	70	0	30	70
Tomato Sauce	2 "	40	5	70	25
White Sauce	2 "	55	8	70	22
Soups					
Bouillon	¾ cup	19	84	8	8
Cream of Corn	¾ "	150	12	38	50
Corn Chowder	¾ "	185	12	43	45
Split Pea	¾ "	125	26	2	72
Tomato (canned)	¾ "	100	12	12	76
Vegetables					
Asparagus	7 stalks	33	32	8	60
Beans, Baked	¾ cup	225	21	18	61
Beans, Lima (fresh)	½ "	100	23	5	72
Beans, String	½ "	20	22	7	71
Beets	1 beet, 2 in. diameter	25	14	2	84
Corn (canned)	½ cup	150	11	11	78
Peas (canned)	½ "	67	26	3	71
Potatoes					
Mashed	½ cup	110	7	48	45
Sweet, Baked	1	200	6	5	89
White, Baked	1	100	11	1	88
Spinach	½ cup	20	12	8	80
Squash, winter	½ "	55	9	7	84
Tomatoes (canned)	½ "	30	12	8	71

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E.—APPROXIMATE CALORIC VALUE OF RAW FOOD MATERIALS AND THE APPROXIMATE PERCENTAGE OF PROTEIN, FAT, AND CARBOHYDRATE.

By means of this table the fuel value of nearly all recipes may be computed.[1]

Material	Quantity	Number of Calories	Percentage of		
			Protein	Fat	Carbohydrates
Cereals					
Barley, Pearl	1 cup	755	10	3	87
Bran	1 "	218	14	6	80
Bread Crumbs, dried	1 "	373	14	4	82
Bread Crumbs, soft	1 "	147	14	4	82
Corn Meal	1 "	504	10	5	85
" Starch	1 "	459	0	0	100
Flour, Graham	1 "	508	15	6	79
" White, sifted	1 "	395	12	4	84
Macaroni, broken	1 "	355	15	2	83
Oatmeal	1 "	636	17	16	67
Rolled Oats	1 "	280	17	16	67
Rice	1 "	867	9	1	90
Chocolate, bitter	1 square	173	8	72	20
Cocoa, dry	1 cup	634	17	53	30
Crackers, Boston	1 pound	1885	13	9	78
Dairy Products					
Butter, See Fats					
Cheese, American (fresh)	1 cup 1 pound	498 1993	26	71	3
Condensed Milk, sweetened	1 cup	1067	11	23	66
Condensed Milk, unsweetened	1 "	427	23	51	26
Skimmed Milk [2]					
Whole Milk [2]					
Cream [2]					
Eggs [2]					
Egg, White	1	14	97	3	0
Egg, Yolk	1	56	20	80	0

[1] See Note 1 on page 245.
[2] See Table D on page 245.

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TABLE E—*Continued*

Material	Quantity	Number of Calories	Percentage of Protein	Fat	Carbohydrates
Fats					
Butter	1 cup	1802	1	99	0
	1 pound	3605			
Crisco	1 cup	2136	0	100	0
	1 pound	4273			
Lard	1 cup	2110	0	100	0
	1 pound	4220			
Oleomargarine	1 cup	1492	1	99	0
	1 pound	3410			
Olive Oil	1 cup	1600	0	100	0
Suet	1 cup	749	3	97	0
	1 pound	3424			
Fruits					
Apricots, dried	1 pound	1260	7	3	90
Blackberries	1 cup	200	9	16	75
Concord Grapes	1 large bunch	100	5	15	80
Cranberries	1 cup	46	4	11	85
Currants, dried	1 "	502	3	5	92
Dates, dried (unstoned)	1 cup	508	2	7	91
	1 pound	1416			
Figs, chopped	1 cup	507	5	1	94
	1 pound	1437			
Lemon Juice	½ cup	44	0	0	100
Pineapple (canned, grated)	1 cup	369	1	4	95
Other fruits [2]					
Gelatine	1 ounce	106	100	0	0
Maple Sirup	1 cup	976	0	0	100
Meats and Fish (Edible portion)					
Beef, Sirloin Steak	1 pound	1143	31	69	0
Beef, Round	"	950	54	46	0
Beef, Tongue	"	727	47	53	0
Chicken, young	"	500	79	21	0
Clams, long	1 pint	240	56	8	36
Cod	1 pound	326	95	5	0
Fowl	"	1050	35	65	0
Goose	"	1818	16	84	0
Halibut	"	571	61	39	0
Ham	"	1940	29	71	0
Lamb, forequarter	"	1430	25	75	0
Liver	"	605	61	39	0

[2] See Table D on page 245.

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TABLE E—*Continued*

Material	Quantity	Number of Calories	Percentage of		
			Protein	Fat	Carbohydrates
Meats and Fish					
Lobster	1 pound	390	78	20	2
Mackerel	"	645	50	50	0
Mutton, Leg	"	1105	41	59	0
Oysters	1 pint	230	49	22	29
Salt Pork, fat	1 pound	3670	2	98	0
Shad	"	762	46	54	0
Turkey	"	1333	29	71	0
Veal, Breast	"	840	47	53	0
Other Meats and Fish [2]					
Molasses	1 cup	976	3	0	97
Nuts (shelled)					
Almonds	1 cup	734	13	76	11
Peanuts	1 "	663	19	63	18
Peanut Butter	⅓ cup	640	19	69	12
Pecans	1 cup	1145	5	87	8
Walnuts, English	1 "	600	11	82	7
Sugar					
Brown	1 cup	625	0	0	100
Granulated	1 "	840	0	0	100
Powdered	1 "	672	0	0	100
Vegetables					
Beans, dried	1 cup	684	26	5	69
Beans, Lima, dried	1 "	541	21	4	75
Cabbage	1 pound	145	20	9	71
Carrots	1 "	210	10	5	85
Celery (cut in ¼-inch pieces)	1 cup	24	24	5	71
Corn, canned	1 "	255	11	11	78
Lentils (dried)	1 "	640	29	3	68
Lettuce	1 large head	50	25	14	61
Mushrooms	1 pound	211	31	8	61
Onions	1 onion	25	13	6	81
	1 pound	225			
Parsnips	1 pound	291	10	7	83
Peas, canned (drained)	1 cup	134	26	3	71
Peas, dried	1 "	675	28	3	69
Tapioca	1 cup	640	0	0	100
Tomatoes, fresh	1 pound	100	21	8	71
Tomatoes, canned	1 cup	60	21	8	71
Turnip	1 cup ½-inch cubes	50	13	5	82
Other Vegetables [2]					

[2] See Table D on page 245.

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F.—NORMAL WEIGHTS FOR MEN AND WOMEN [1]

WHAT MEN SHOULD WEIGH

Ages:	15-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64
5 ft. 0 in.	120	125	128	131	133	134	134	134	131
5 ft. 1 in.	122	126	129	131	134	136	136	136	134
5 ft. 2 in.	124	128	131	133	136	138	138	138	137
5 ft. 3 in.	127	131	134	136	139	141	141	141	140
5 ft. 4 in.	131	135	138	140	143	144	145	145	144
5 ft. 5 in.	134	138	141	143	146	147	149	149	148
5 ft. 6 in.	138	142	145	147	150	151	153	153	153
5 ft. 7 in.	142	147	150	152	155	156	158	158	158
5 ft. 8 in.	146	151	154	157	160	161	163	163	163
5 ft. 9 in.	150	155	159	162	165	166	167	168	168
5 ft. 10 in.	154	159	164	167	170	171	172	173	174
5 ft. 11 in.	159	164	169	173	175	177	177	178	180
6 ft. 0 in.	165	170	175	179	180	183	182	183	185
6 ft. 1 in.	170	177	181	185	186	189	188	189	189
6 ft. 2 in.	176	184	188	192	194	196	194	194	192

WHAT WOMEN SHOULD WEIGH

Ages:	15-19	20-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64
4 ft. 11 in.	111	113	115	117	119	122	125	128	128	126
5 ft. 0 in.	113	114	117	119	122	125	128	130	131	129
5 ft. 1 in.	115	116	118	121	124	128	131	133	134	132
5 ft. 2 in.	117	118	120	123	127	132	134	137	137	136
5 ft. 3 in.	120	122	124	127	131	135	138	141	141	140
5 ft. 4 in.	123	125	127	130	134	138	142	145	145	144
5 ft. 5 in.	125	128	131	135	139	143	147	149	149	148
5 ft. 6 in.	128	132	135	139	143	146	151	153	153	152
5 ft. 7 in.	132	135	139	143	147	150	154	157	157	155
5 ft. 8 in.	136	140	143	147	151	155	158	161	161	160
5 ft. 9 in.	140	144	147	151	155	159	163	166	166	165
5 ft. 10 in.	144	147	151	155	159	163	167	170	170	169
5 ft. 11 in.	149	153	155	158	162	166	170	174	174	172
6 ft. 0 in.	154	157	159	162	165	169	173	177	177	175

[1] Based upon statistics furnished by the Mutual Benefit Life Insurance Company of Newark, New Jersey.

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G.—LIST OF GOVERNMENT PUBLICATIONS ON FOODS AND COOKING [1]

Beans, Peas, and other Legumes as Food.	Farmers' Bulletin, 121
Bread and Bread Making.....	" " 389
Canned Fruit, Preserves, and Jellies....	" " 203
Canning Tomatoes; Home and Club Work	" " 521
Canning Vegetables in the Home.....	" " 359
Care of Food in the Home.....	" " 375
Cereal Breakfast Foods	" " 249
Cheese; Economical Uses in the Home..	" " 487
Chemical Composition of American Food Materials	Experiment Stations Bulletin, 28
Corn Meal as a Food and Ways of Using It	Farmers' Bulletin, 565
Eggs and Their Uses as Food.....	Farmers' Bulletin, 128
Fireless Cooker, Hay Box, or.....	" " 296
Fish as Food	" " 85
Food for Young Children	Farmers' Bulletin, 717
Food Customs and Diet in American Homes	Experiment Stations Circular, 110
Fruit, Use of, as Food.....	Farmers' Bulletin, 293
Functions and Uses of Food.....	Experiment Stations Circular, 46
Grape Juice, Unfermented, Manufacture and Use of.....	Farmers' Bulletin, 644
Honey and Its Uses in the Home.....	" " 653
Household Equipment, Selection of....	Department of Agriculture Year Book, 1914
Measurements for the Household.....	Standards Circular, 55

[1] Many of these bulletins are furnished free upon application to one's Congressman. A list of Farmers' Bulletins, and a price list of other government publications on foods and cooking, will be sent on application to the Superintendent of Documents, Government Printing Office, Washington, D. C.

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LIST OF GOVERNMENT PUBLICATIONS ON FOODS AND COOKING—*Continued*

Meat: Economical Use of in the Home.	Farmers' Bulletin, 391
Meats: Composition and Cooking.....	" " 34
Milk, The Care of and Its Use in the Home	" " 413
Milk, The Uses of as Food.....	" " 363
Mushrooms and Other Common Fungi.	Agriculture Bulletin, 175
Mushrooms, Preserving Wild.....	Farmers' Bulletin, 342
Nutrition of Man in U. S., Investigation on	Experiment Stations Office
Nutrition, Principles of, and Nutritive Value of Food	Farmers' Bulletin, 142
Nuts and Their Use as Food.....	" " 332
Olive Oil and Its Substitution.....	Chemistry " 77
Oysters: The Food that has not "Gone Up"	Department of Commerce, Bureau of Fisheries, Economic Circular No. 18
Peanut Oil	Farmers' Bulletin, 751
Popcorn for Home Use	Farmers' Bulletin, 553
Raisins, Figs, and Other Dried Fruits, and Their Use	Agriculture Year Book, 1912; Separate, 610
Sugar as Food	Farmers' Bulletin, 93
Vegetables, Preparation of, for the Table	Farmers' Bulletin, 256

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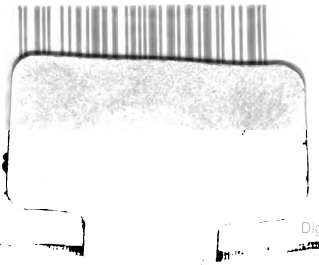

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